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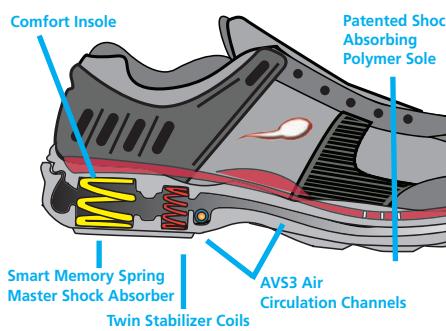
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AP/The Daily Progress, Matt Rosenberg

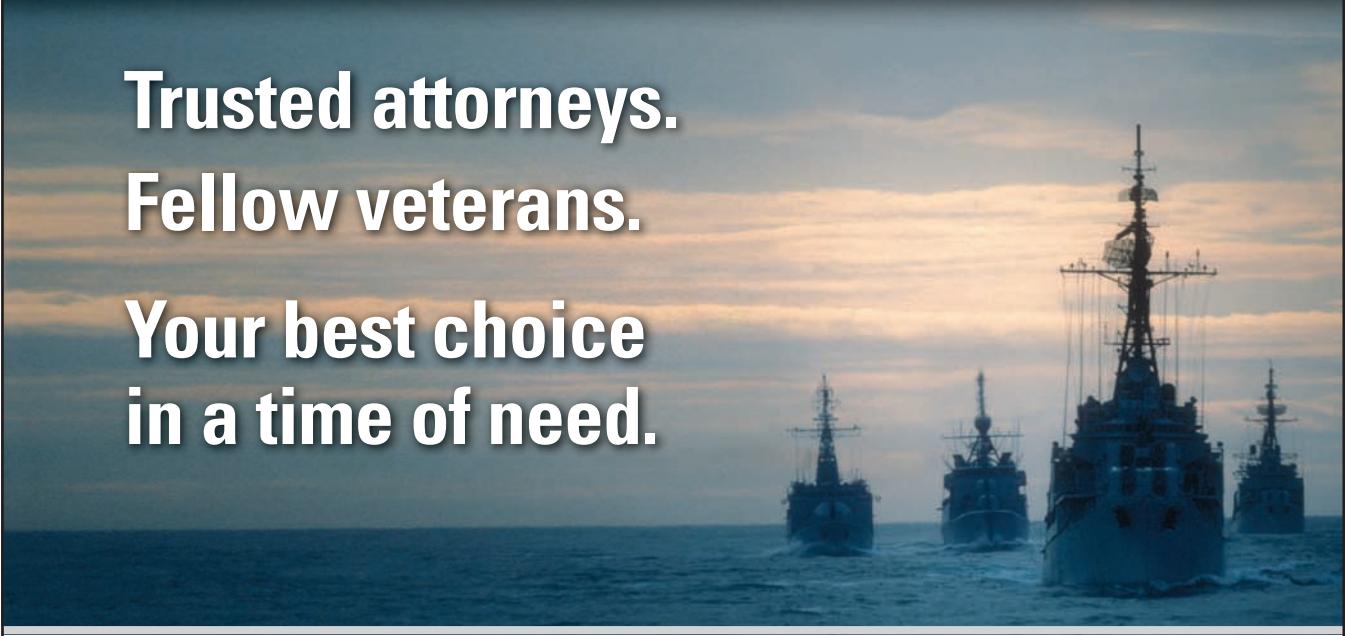
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THE AMERICAN LEGION BIRTHDAY

This month, American Legion posts across the country celebrate the organization's founding. In March 1919, nearly 1,000 officers and enlisted men met in Paris and adopted a temporary constitution. Following a second caucus in St. Louis in May, Congress granted the Legion a charter as a patriotic veterans organization "devoted to mutual helpfulness." Ninety-one years later, The American Legion remains the voice of our nation's veterans.

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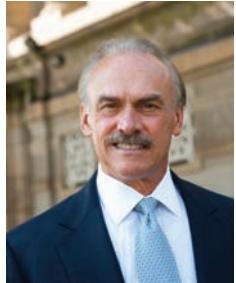
'A Prayer Remembered'

I was blessed to meet Rocky Bleier when he was the guest speaker at a luncheon for the Stagg Bowl in Salem, Va. He was a hero of mine, not because of his Super Bowl rings or his accomplishments on the football field, although he made me a lifelong fan of the Pittsburgh Steelers. I didn't know a thing about his experience in Vietnam, but here's what I told him:

I returned home from Vietnam in December 1970. We all know about the terrible reception we received. My own family, though not abusive, was at best indifferent. Medals notwithstanding, I removed my uniform and tucked it away. I knew better, but somehow I felt shame. I was determined to move on and not let Vietnam ruin the rest of my life. Then one Sunday I was watching a football game, Steelers vs. some team. I'm sure I was drinking beer, going deeper into post-traumatic stress depression. The announcer said, "Rocky Bleier, a Vietnam veteran, is having a great game." My eyes filled with tears. "God almighty," I said, "thank you. Here's some positive talk about Vietnam veterans."

I'm sure I wasn't the only one inspired by this. Rocky Bleier was one of us, drafted at a bad time, serving in the infantry, wounded and overcoming it. Now he was part of football's world champions. You might think I became someone great myself. Not so, but I've done better because he led the way.

- John Keesling, Roanoke, Va.



I certainly enjoyed watching Rocky Bleier play football and even more so enjoyed the article by the former NFL star and four-time member of the Super Bowl Pittsburgh Steelers.

As a 1964-1968 Air Force veteran, I have a special place in my heart for those who served in Vietnam. I knew one high-school classmate killed in action, three close friends who were wounded and others who served. Even though my orders took me to Wakkanai Air Station in Japan, somehow I feel close to every Vietnam veteran and read and listen to their stories with interest.

Today, I never fail to say thanks to someone currently serving or to a known veteran. I have to fight back tears thinking of their sacrifices.

- Gary Wood, Mount Carmel, Ill.

I read Rocky Bleier's article. One other man was drafted into the military before him. Don Talbert was drafted by the

Dallas Cowboys in 1962, and before he finished his rookie season, he was the first NFL player drafted into the U.S. Army and sent to Vietnam. He served his time and returned to play pro football for the Atlanta Falcons, the New Orleans Saints, and the Dallas Cowboys again to win Super Bowl VI. Rocky may have four, but Don has one, Dallas' first Super Bowl win. By the way, Don's brother is Diron Talbert, the legendary Washington Redskins lineman.

- James Stanford, Richmond, Texas

'Peaches and Pound Cake'

Maj. Gen. Robert Scales' article (January) brought back many memories. Fighting over C-rations was an everyday experience. Since I was squad leader, I had to pass them out. Those four-pack filtered smokes, peaches, and beans and franks were top priority. To this day, I still like warm beer.

- John Walters, Charles Town, W.Va.

I enlisted in 1963 and served at the Army Security Agency in Fort Carson, Colo. Although I wasn't in combat, a lot of what Maj. Gen. Scales said applies to all of us, especially the C-rations. Ham and lima beans was indeed one of the least favorite (or most hated). We turned the cartons upside down so no one could see what he was getting. That way it was fair for all.

I'd also add to Scales' comments about the men with whom he served. I, too, found these men to be some of the best guys I'll ever know. For three years, they were my only true companions. We supported each other in every way we could, because we knew that at any moment we could be on our way to combat. Even though Vietnam wasn't quite hot in those days, it was always on our minds. I often think of those guys and what we shared. I still keep in touch with two or three, especially at Christmas. Some are now gone, but I will never forget them.

— Chauncey Linn, Thedford, Neb.

'Bill Crazy'

Reading this article, I was dumbfounded by the many errors committed by VA billing staff. I am a service-connected veteran, rated at 90 percent, individually unemployable. For years, I've been fighting VA for "cheating" my civilian insurance plan and Medicare by billing me for medications and procedures directly connected to service-connected disabilities.

I have talked to the local VA's billing supervisor and even brought proof of my service-

connected disabilities. I also spoke with the top dog of the patients advocate department and gave proof to him. Finally, I contacted my congressman as well as my service representative, requesting they look into this wrong, but to no avail. It seems the only answer VA gives is, "Because we can."

— Francis Hileman, Winchester, Va.

More troops to Afghanistan

I am struck by January's Big Issues. The number of troops is not the issue; it is our total commitment. Both Sen. John McCain and Rep. John Duncan have missed the point: this is a deadly struggle to protect the United States. If you read the added restrictions placed upon our troops, engaged against ruthless unidentifiable terrorists, one wonders if the goal is really to win. Adding troops then tying their hands is contradictory.

Where would we be if Washington had carried lawyers across the Delaware and a document warning our volunteers, "Be nice to your enemy despite their support of evil"? And how demoralizing if Patrick Henry had said, "Give me liberty, if it's affordable."

— Herbert Heller, Pittsburgh

I agree with Rep. John Duncan in opposing sending more troops to Afghanistan. As a veteran of Iraq, I believe Afghanistan should have been the focus of the war on terror. The U.S. military is stretched too thin as it is and now we must have another surge of troops. Our men and women in uniform

have done a great job serving our country. We must now serve them and bring them home.

— Jeff French, Cove City, N.C.

Col. H. Weir Cook

Readers might like to know that the beautiful new terminal at the Indianapolis International Airport has been named in honor of Col. H. Weir Cook (Legionnaires: The First Generation, January). During Cook's career as a civic leader and aviation pioneer in Indiana, he was also reunited with his old boss from the 94th Pursuit Squadron, Eddie Rickenbacker, who just happened to be the principal owner of the Indianapolis Motor Speedway.

— Barry Yeakle, Columbia City, Ind.

'Shake the Salt Habit'

Your article (December) stated that according to the American Heart Association we shouldn't consume more than 2,300 milligrams of salt per day. I'm sure you meant 2,300 milligrams of sodium, of which salt is only 40 percent. The AHA also recommends that older adults and people with high blood pressure need less than 1,500 milligrams per day. Your reference to the sodium content of various foods, I believe, is correct, however alarming. I admit I have a bad habit of the "acquired" taste of salt. Thanks for a good reminder.

— Dewey Klaustermeier, Glencoe, Minn.

Editor's note: Samsung scholarship winner Robert Seigfried is from Mexico, Mo. ("Samsung Scholars Win \$20,000 Each," December).

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The Washington Conference at 50

William R. Burke of California assumed leadership of The American Legion at a remarkable crossroads in history. Elected national commander in 1960, his was a time of wrenching U.S. anxiety over Cuba and Red China, the space race and the atomic age. He labeled the years ahead of the United States as "the decade of decision."

To him, it was a time for the nation to restate and reaffirm its most important principles, and he believed the Legion should play a leading role. "No one has a clearer mandate nor more solemn obligation to participate in the restatement of American purpose than those who laid aside their safety in order that the national purpose might be safeguarded," Burke said.

To help clarify the Legion's vision for the new decade, the commander combined several American Legion conferences and commission meetings that usually occurred over a span of a few weeks in January and February into one major event in Washington. Rather than "scattering our shots," he said, "we will be able to demonstrate to both the Congress and our executive and administrative leadership the size, scope and the importance of The American Legion."

The First Annual Washington Conference – Feb. 25 to March 3, 1961 – drew some 2,000 Legionnaires from across the country and more than 400 members of Congress. The commander testified before the House Veterans Affairs Committee. Sen. Strom Thurmond of South Carolina, a Democrat at the time, urged the Legion to join him in support of ROTC as a critical asset "in the struggle being waged between a free America and the forces of godless communism." NBC Executive Robert Sarnoff received the Public Relations Award, and news anchor David Brinkley joined him onstage. Legionnaires prowled Capitol Hill, meeting with congressional delegations and sharing the organization's vision. By consolidating the meetings, the commander got his wish: Washington's undivided attention at a time of global stress and growing concern about the nation's treatment of aging veterans. America looked to The American Legion for leadership on such matters. It still does today.

Here we are on the cusp of another new decade, again in the midst of global uncertainty and military conflict. As before, we face daunting challenges to assure veterans receive the benefits they are due, and in a timely manner. We fight for their employment and business opportunities in a shaky economy. We support the troops and their missions, from Afghanistan to Haiti and every place in between.

The 50th Washington Conference this month will not be an anniversary party of cake, confetti and champagne. It will be another relevant work session, complete with a service-officers school to improve delivery of VA benefits, a job fair and a business workshop tailored for veterans needs, a symposium on the challenges veterans face when they become college students, and presentations on the state of national security, foreign affairs, economics and Americanism. Some of the nation's most influential leaders will speak to our members – and learn from them – because The American Legion stands for values too often forgotten in Washington. For a half-century, this conference has reminded them.




National Commander
Clarence E. Hill

MEMORANDA

COMMANDER'S CALL WEBCAST:

The 50th American Legion Washington Conference Commander's Call will be streamed live on www.legion.org March 2, starting at 8:30 a.m., from the Grand Ballroom of the Washington Renaissance Hotel. Visit www.legion.org to learn more. The Legion Web site also will provide up-to-date information and stories during the Washington Conference on Facebook and Twitter.

FAMILY SUPPORT NETWORK:

The American Legion's Family Support Network can help when a mother or father is serving in the U.S. Armed Forces. Call toll-free **(800) 504-4098** or visit www.legion.org/familysupport online.

NEW LEGION BASEBALL

E-NEWSLETTER: A new electronic newsletter – "The Dugout" – delivers a hot lineup of American Legion Baseball news straight to your inbox. Legionnaires, coaches, players, families and fans are invited to subscribe to the free e-newsletter, which appears monthly until baseball season and more frequently at tournament time. Visit www.legion.org/baseball/newsletter to subscribe today.

Federal 'net neutrality'



SUPPORT

Rep. Donna Edwards, D-Md.

■ Edwards serves on the House Science and Technology Committee.

With the Internet age came new jobs and new opportunities in communications, education, health care and business. These advances would not have occurred without an open Internet.

Unfortunately, the core principle of an open Internet is threatened by large companies seeking greater control, and greater profits,

at the expense of end-users, small businesses and technology start-ups. These companies want to give priority access to those who can afford it and limit access to those who

cannot. Such a move would inhibit innovation, drive up costs, and limit access to information. Therefore, I support the six principles of net neutrality outlined by the FCC, which include access to content, applications and services, connectivity of devices to the network, access to competition, nondiscrimination and transparency.

These principles will guarantee that innovation and investment in the Internet continues, fueling the economy and ensuring that the information technology sector remains a job creator. Most importantly, these principles will protect Americans' access to information free of censorship.

Securing net neutrality will encourage broadband deployment in areas currently underserved and control prices by promoting competition. This is especially important for veterans on fixed incomes, living in urban and rural areas with little or no access to the Internet. For newly discharged veterans, preserving net neutrality will help provide well-paying, often high-tech jobs that are an ideal match to skills they obtained during military service.

All Americans have a stake in ensuring an open Internet. We must work together to adopt strong net-neutrality protections for veterans and us all.



OPPOSE

Rep. Cliff Stearns, R-Fla.

■ Stearns is the ranking Republican on the Communications, Technology and the Internet Subcommittee.

The Internet is transforming our everyday lives – how we work, how we receive medical attention, and how we are entertained. Accordingly, we need a long-term investment in broadband infrastructure that is based on free-market principles and not one run by the government.

At first glance, net-neutrality regulations appear reasonable and harmless, but they would harm consumers, reduce competition, and discourage new investment and innovation

at a time of tremendous technological growth.

Net neutrality is the wrong term; it should be called net regulation. Network management should be left to engineers, not regulators.

Communications companies are among the few still investing billions of dollars into our economy. Wall Street analysts have testified before Congress that regulating the Internet under the guise of net neutrality will drive away investment and significantly constrain wireless from becoming a nationwide competitive broadband choice for consumers. This is not the time to discourage broadband investment by shifting from minimal regulation of the Internet to intrusive regulation.

Federal Communications Commission Chairman Julius Genachowski says he wants to make the FCC the most data-driven ever. Well, let's see the data showing there's a need for net neutrality. He should prove that regulations are necessary and that a market failure warrants intervention.

Regulations undermine innovation, and we should nurture advancements in the Internet and other high-tech areas. An open and unfettered Internet serves the interests of the American people and will lead to continued economic growth.

CONTACT YOUR ELECTED OFFICIALS

The Honorable (name), U.S. Senate, Washington, DC 20510 • Phone: (202) 224-3121

The Honorable (name), U.S. House of Representatives, Washington, DC 20515 • Phone: (202) 225-3121

U.S. GOV'T GOLD AT-COST

TODAY - The United States Rare Coin & Bullion Reserve has scheduled the final release of U.S. Gov't Issued \$5 Gold Coins previously held at the U.S. Mint at West Point. These Gov't Issued Gold Coins are being released on a first-come, first-serve basis, for the incredible markup-free price of \$122 each. This "at-cost" Gov't Gold offer could be cancelled at any time. Do not delay. Call a Sr. Gold Specialist today.

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The brain's terrain

Scientists probe the mysteries of Alzheimer's disease.

BY JUDITH HURLEY

Imagine if you could no longer remember how to button your shirt or turn on the oven. The memory loss, inability to complete familiar tasks and other outward signs of Alzheimer's disease make life bewildering and arduous.

The inward signs are no less devastating. The brain of a person with advanced Alzheimer's disease is a grim landscape of tangled nerve fibers, sticky protein patches and shrunken or destroyed nerve tissue. But these destructive changes are usually seen only at autopsy. How rapidly they progress in living persons and what role they play in earlier stages of Alzheimer's disease has been an enigma. An ambitious brain-mapping effort is changing that.

Using finely tuned neuroimaging procedures, scientists are studying the brains of healthy individuals and those with mild cognitive impairment or early Alzheimer's. The goal is to identify telltale changes in the brain that occur in the disease's early stages, before the decline in memory and other mental abilities is apparent, and to determine how quickly these progress.

"To have a tool that can detect pathology in a living person earlier than the clinical tests is really important," says Dr. Kejal Kantarci, an associate professor of radiology at the Mayo Clinic College of Medicine. "When treatments are available, we will then be in a position to treat people who are at high risk for developing dementia."

Kantarci and her colleagues at the Mayo Clinic are part of the Alzheimer's Disease Neuroimaging Initiative (ADNI), a \$60 million, five-year project jointly funded by the National Institutes of Health, the pharmaceutical industry and foundations.

The Mayo team and several other centers are using magnetic resonance imaging to identify and track signs of disease, while other teams are using positron emission tomography. Each type of imaging is best suited to visualize particular aspects of the brain, so the two together provide complementary information. Because imaging techniques can vary considerably from lab to lab, careful protocols were developed so that scientists can pool test results from multiple study sites, providing a crucial advantage. In addition, researchers are testing the cerebrospinal fluid for compounds linked to dementia.

The ADNI study was intended to help pharmaceutical companies by developing better ways to monitor Alzheimer's disease during drug trials, but it's turning out to have other benefits. From the rich mix of cutting-edge tools, a more comprehensive picture of Alzheimer's is emerging.

"Imaging can detect pathological changes in the brain before other manifestations appear," Kantarci says. "In people with normal cognition and those with mild cognitive impairment, we see some dementia-related changes, and these correlate with when and if they develop dementia in the future." It's also clear that no single pathological change in the brain leads to Alzheimer's. The accumulation of sticky amyloid plaques has long been thought to be the primary culprit. "What we're finding in ADNI and other imaging studies is that amyloid pathology is also present in people who don't have dementia, although to a lesser extent," Kantarci says. At a certain point, the amyloid deposition reaches a plateau. Then other changes start to occur.

BREATHE EASIER

Losing just a few pounds improves symptoms of sleep apnea, according to the Center for Obesity Research and Education at Temple University in Philadelphia. Sleep apnea is a condition in which breathing stops or becomes very shallow up to several hundred times a night. It affects 12 million Americans and is linked to serious health risks, including

heart disease. In a recent study, obese individuals who lost at least 22 pounds saw the most benefits, but even a smaller weight loss improved symptoms. Participants dropped pounds with a portion-controlled diet and by engaging in moderate exercise for 175 minutes a week.

Bundles of twisted nerve fibers, called neurofibrillary tangles, develop. They impede nerve function and memory retrieval and are associated with atrophy of brain tissue, another cardinal feature of Alzheimer's. Teasing out the various relationships and patterns of these brain alterations will keep scientists busy for years.

What triggers the aging brain to go haywire? While genes can be an indicator, other factors can play a role as well; how much the brain is put through its paces is one. Both a higher education level and being actively engaged in a profession seem to protect against dementia and slow its progression. Cerebrovascular disease is a known risk factor for dementia, too; a healthy lifestyle reduces dementia risk largely because it promotes healthier blood vessels. Having multiple risk factors may have a snowball effect.

The huge amount of data generated by ADNI may not only lead to new ways to identify people at risk for Alzheimer's disease, but it could jump-start the development of more effective drugs to treat it. And with the incidence of dementia expected to double in the next 20 years, the race is on.

Judith Hurley is a freelance writer specializing in medicine and health.

TARGET: CANCER

Researchers with the International Cancer Genome Consortium say they have cracked the entire genetic code for melanoma and lung cancer, identifying the key mutations that lead to these cancers, *U.S. News & World Report* and the BBC report. By mapping the genomes of both cancers, researchers discovered some 30,000 DNA errors in melanoma and 23,000 in lung cancer. The findings "could enable clinicians to spot cancer earlier with blood tests" and "will lead to a better understanding of how other cancers develop," according to *U.S. News*.



Media Bakery

VA aims to be proactive in addressing Alzheimer's disease

"We estimate that more than 563,000 veterans have Alzheimer's disease or another form of dementia," says Dr. Susan Cooley, VA's chief of dementia initiatives. To help meet their needs, several VA Geriatric Research, Education and Clinical Centers (GRECCs) are focusing on research, diagnosis and treatment of dementia, with the goal of integrating the latest medical advances into the health-care system. In addition to participating in the Alzheimer's Disease Neuroimaging Initiative, VA is involved in more than 100 studies of dementia, spending \$22.5 million on dementia-related research in 2008 alone.

Moving beyond a clinical setting is also a priority. A recent demonstration project focused on practical ways to boost home safety for Alzheimer patients, and in 2009, VA completed a pilot project in which clinic staff in 29 cities made home visits and provided telephone support to those caring for veterans with dementia. "The project's effectiveness in helping caregivers cope with their own stress and the needs of veterans is very promising," Cooley says.

To leverage resources, a partnership between VA medical centers and Alzheimer's Association chapters in upstate New York is also being tested. Scheduled to wrap up this year, the four-year project is investigating innovative ways to support caregivers and coordinate dementia care for veterans.

Media Bakery

Living Well is designed to provide general information. It is not intended to be, nor is it, medical advice. Readers should consult their physicians when they have health problems.

NEW TODAY

World famous Amish built fireplace mantles now being given away free

After about a million sold, nearly perfect Scratch-N-Dent models of the world famous Amish built fireplace mantles are now being given away free to the first 5,091 readers who call to beat the order deadline for the miracle heaters that let you turn your furnace off early this year

Slash your Heat Bills: Miracle invention uses only a trickle of electricity, so relax in front of the flameless fire then turn your thermostat way down and with the push of a button get a constant heat wave using about the same energy as a coffee maker and never be cold again

By LAUREN RICH
Universal Media Syndicate

(UMS) If you just got stung with another high heat bill you better hurry and get in on this free giveaway.

Today, for the first time ever beautiful Scratch-N-Dent models of the world famous Heat Surge® Miracle Fireplace mantles are actually being given away free to the general public.

The only thing today's readers need to do is call the Hotline as soon as you read this announcement to order the miracle heaters before they're gone. Everyone who does will instantly be awarded the genuine handmade Amish oak Fireplace mantle absolutely free.

"This is all happening because the Amish craftsmen who have already built nearly a million of these mantles take great pride in their work and we have strict quality control so not all mantles make the final grade," said Chris Gallo, Heat Surge spokesman.

"We think they are way too hard on themselves, but that's how we are able to set aside hundreds of these nearly perfect units to give away free," Gallo said.

"These are the newest Heat Surge Fireless Flame™ Fireplace models. Chances are you will never find the flaw, it could be on the mantle or the firebox, but usually smaller than a thumb nail. Since they get labeled basically new we are giving them away free," Gallo said.

"It's the buzz around town. Yes, the Amish craftsmen need to earn money like everyone else but they are willing to take less for their work so that everyone can get one. It shows we care. The overriding goal is to help as many people as possible to sub-



PICKY, PICKY: "If it's not perfect, give them away free," said the elder Amish craftsman. That's why these nearly perfect genuine Amish built fireplace mantles made in the USA are being given away free to the first 5,091 readers who call 1-866-964-4314 to beat the order deadline for the world famous Heat Surge Fireless Flame miracle heaters that can drastically slash your heat bills. The miracle invention rolls from room to room with no chimney, no vents, no wood, no mess and no smoke. Just plug it in and relax in front of the Fireless Flame.

stantially cut their heat bills now and next fall by allowing everyone to turn down their thermostat," Gallo said.

As we look forward to enjoying the summer, there will be that monster lurking in the shadows: HIGH HEATING BILLS. So if your heat bills sting right now, just think how bad they could hurt next year.

"Giving these away now is

about the best way to prepare everyone for what is coming. So if you thought you couldn't afford the World Famous Heat Surge Fireplace, now is the time to get in on this," Gallo said.

"Everyone wants them now because by next fall, this free giveaway will be long gone," he said.

Don't let anyone talk you into anything else. Those others are

just imitations. These are the genuine Amish made Heat Surge Fireplaces that actually roll from room to room to give you the huge savings with zone heating.

A special High-Tech on board computer controls what's called the Fireless Flame that gives you the peaceful flicker of a real fire but without any flames, fumes, smells, ashes or mess. Everyone is getting them because they

require no chimney and no vent. You just plug it in.

The patented *Fireless Flame* looks so real it fools everybody but it has no real fire. The mantles are handmade in the USA right in the heart of Amish country where they are beautifully hand-rubbed, stained and varnished.

Thousands of people from

California and Florida even flock to get them because they may never have to turn on their furnace. And since the standard setting uses only 750 watts, about the same energy as a coffee maker the potential savings are absolutely incredible.

"That way, everyone who gets them now can immediately start saving on their heat bills. You'll

instantly feel bone soothing heat in any room. You will never have to be cold again," he said.

"We'll do everything we can so no one gets left out. But, there are only 5,091 available for this free giveaway of the world famous Heat Surge Fireplace mantle, but you also get the patented *Fireless Flame* firebox free of next year's deal-

er mark up. After they are gone we have to turn everyone away," confirms Gallo.

"So when lines are busy keep trying. We promise to get to every call. Then we will have a delivery truck out to your door right away with your beautiful Amish made Heat Surge Roll-n-Glow® Fireplace," Gallo said. ■

ACCEPT NO IMITATIONS



How It Works: The HEAT SURGE miracle heater is a work of engineering genius so advanced, you simply plug it into any standard outlet. Based upon the national average it uses only about 9¢ of electric an hour on the standard setting. Yet, it produces up to an amazing 5,119 BTU's on the high setting. So watch out, a powerful on board Hi-Tech heat turbine silently forces hot air out into the room from the vent so you feel the bone soothing heat instantly. These nearly perfect Scratch-N-Dent fireplaces also come with a limited full year replacement or money back warranty plus a 30-Day Satisfaction Guarantee.

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Free giveaway begins

Readers of this publication simply need to call the Toll Free Hotline beginning at 8:00am as soon as you see this announcement. If lines are busy keep trying, all calls will be answered.

All those who beat the deadline to cover just shipping and the Miracle Heater firebox get them installed in the Free Amish built fireplace mantle.

This nation wide giveaway has a strict limit of two units per household only with a valid free claim code.

This Free giveaway is for only as long as supplies last. Only 5,091 will be given away on a first come first serve basis. When they are gone, they are gone.



1. Choose your Solid Wood Mantle:

A. Country Oak	\$298	NOW FREE
B. Modern Black	\$348	\$48 custom finish fee
C. Classic White	\$348	\$48 custom finish fee
D. Cherry Manor	\$338	\$38 custom finish fee

2. The *Fireless Flame* Miracle Heater Firebox with onBoard Computer

free of dealer mark up now for just \$249 with FREE Scratch-N-Dent fireplace mantles claimed before the deadline.

3. Your beautiful Heat Surge Roll-n-Glow Fireless Flame Fireplace

comes fully assembled by Amish craftsmen and gets delivered right to your door. All you do is roll it out of the crate and plug it in.

OH and FL resident transactions require the remittance of applicable sales tax. Sorry no shipments to MA residents.

Miracle invention rolls from room to room with no chimney, no vents, no wood and no smoke



THE BRAINS BEHIND THE BEAUTY: This is the High Tech computer board that controls the patented *Fireless Flame* technology developed by Asian engineers. Since the Amish don't make the firebox computer, it's the only cost you have to cover because they are giving all of the Scratch-N-Dent Amish built mantles away for free.

EASILY ROLLS ANYWHERE: This is the Heat Surge Roll-n-Glow® Fireplace that is so portable it easily rolls from bedroom to living room to keep you warm everywhere. No vents, no chimney and no tools. Just plug it in.

SAVE ON BILLS: Everyone can get low bills and stay warm and cozy. Naomi Abrams' new Heat Surge Roll-n-Glow® Fireplace saves a ton of money and makes her front room look like a million bucks. "It was a surprise from my husband," she said.

SAFE FLAME: The Heat Surge patented *Fireless Flame* looks so real it fools everyone but there is no real fire. That makes the flame window safe to the touch. It's where the kids will play and the cat and dog will sleep.

No more exercise excuses

Avoiding exercise is something most of us do. *U.S. News & World Report* offers some antidotes to the most common exercise excuses.

I'M TOO BUSY. "This is by far the most common excuse. Yes, schedules are busy, but if something is a priority, you will make time for it. So make time for exercise. Try scheduling it into your PDA or datebook the same way you plan meetings or other commitments."

I'M TOO OLD. "Almost no one is too old or too frail to work out. Exercise can help stave off sarcopenia, or muscle loss, and prevent falls."

I HATE GOING ALONE. "Find an exercise buddy, and you'll be spurred to work harder, not to mention motivated to simply show up."

IT'S SO BORING. "The best way to avoid being bored is to find an activity that doesn't bore you. Don't like to run? Don't do it. Bike, box, row, dance or do whatever floats your boat."

MY BACK HURTS. "Activity is actually a good way to treat and prevent common lower back pain. Talk to a doctor or physical therapist about specific stretches or exercises."

I'M TOO FAT. "Start gradually – walking, swimming, biking or other exercises that don't involve a lot of pounding are great. And all of us, not just the overweight, need to remember that exercising is not a free pass to eat a lot more."

I'M THIN ALREADY. "Exercise has independent benefits that you can't get simply by keeping your weight down. And even if you are in a healthy weight range, you may have an excess percentage of body fat."

I HAVE ARTHRITIS. "Like people with back pain, the arthritic are not exempt from exercise. In fact, strengthening, stretching and aerobic exercises can build up muscles and remove strain from the joints."



Media Bakery

THE PERILS OF WATCHING TV

Reduced blood flow to the heart may help explain why men who have had a heart attack are at increased risk for another while watching exciting sporting events, HealthDay reports.

A study of male heart-attack survivors by China-based researchers found that blood pressure and platelet aggregation (which causes clotting) increased for those who watched live broadcasts of Olympic competitions. These factors increase the risk of a heart attack, HealthDay adds. The study was presented at the annual meeting of the American Heart Association.



Media Bakery

VA gets more value out of electronic medical records

BY DR. JOEL KUPERSMITH

Have you ever marveled at how Google or Yahoo can make sense of phrases you type into your computer? Search engines demonstrate one aspect of a powerful technology called natural language processing (NLP), which involves teaching computers to recognize and understand free text and speech.

VA is now studying how to use NLP to get additional value out of its electronic medical-records system, already recognized as one of the world's best. The project involves a consortium of VA and university experts.

The main goal is to change free text in the electronic medical record – doctors' notes, for example – into structured data that can be used for research and clinical care.

Free text can't easily be analyzed by computers. That's why webmasters and database architects use checkboxes, pull-down menus and radio buttons whenever possible to structure information. When it comes to electronic medical records, free text can be essential.

Through NLP, the free text in medical records will be translated into structured data that can be used to further improve care. This will help measure quality, track infectious diseases and drugs' side effects, and create decision-making aids for doctors.

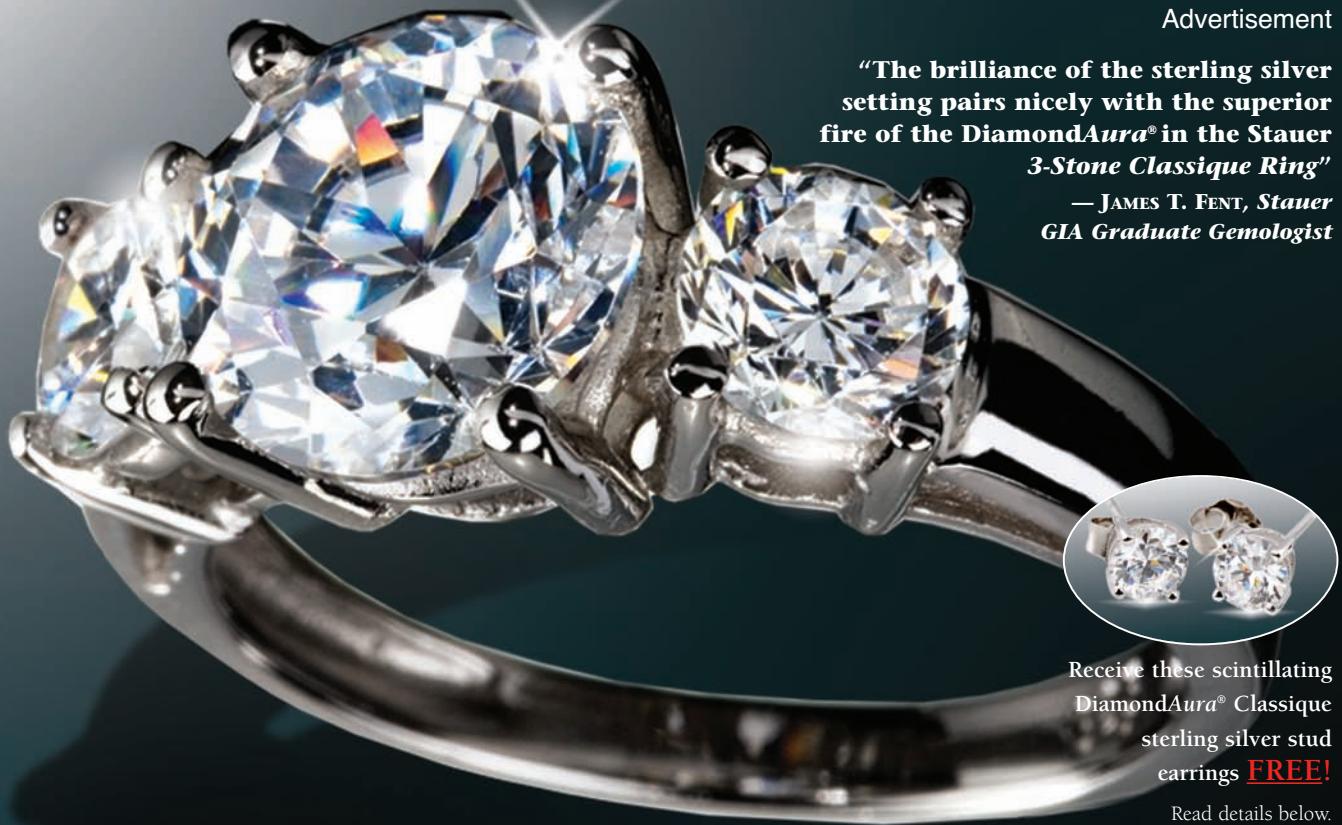
With privacy safeguards in place, the free text will also be useful in research studies. For instance, doctors often write notes about why they are prescribing certain drugs or how patients are responding. In the past, the only way for researchers to study the notes would be to manually review each chart. With NLP, they'll be able to scan tens of thousands of patient records, extract the relevant text, and change it to a structured format. Computers could then be used to analyze huge batches of information.

The NLP effort will also develop new ways to de-identify patient charts so researchers can access relevant information but not patient names or other identifiers.

Joel Kupersmith, M.D., is chief research and development officer for the Veterans Health Administration.

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— JAMES T. FENT, Stauer
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The Fifth C?

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Perfection from the laboratory.
We named our brilliant cut stones DiamondAura, because, "they dazzle just like natural diamonds but without the outrageous cost." We will not bore you with the incredible details of the scientific

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Mined Flawless Diamond	DiamondAura	Compares to:
Hardness	Cuts Glass	Cuts Glass
Cut (58 facets)	Brilliant	Brilliant
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Clarity	"IF"	Clear
Dispersion/Fire	0.044	0.066
2 ½ c.t.w. ring	\$60,000+	\$145

process, but will only say that it involves the use of rare minerals heated to an incredibly high temperature of nearly 5000°F. This can only be accomplished inside some very modern and expensive laboratory equipment. After several

additional steps, scientists finally created a clear marvel that looks even better than the vast majority of mined diamonds. According to the book *Jewelry and Gems—the Buying Guide*, the technique used in DiamondAura offers, "*The best diamond simulation to date, and even some jewelers have mistaken these stones for mined diamonds.*"

The 4 C's. Our DiamondAura 3-Stone Classique Ring retains every jeweler's specification: color, clarity, cut, and carat weight. The transparent color and clarity of DiamondAura emulate the most perfect diamonds—D Flawless, and both are so hard they will cut glass.

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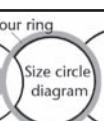
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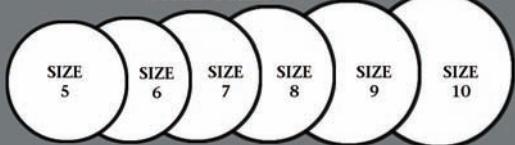
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WOMEN'S SIZES



A new approach to electronic records

BY TOM PHILPOTT

Information-technology wizards tasked by President Obama last April to create lifetime electronic health records for U.S. servicemembers and veterans have broadened their goal.

VA and Defense officials concluded that the solution to creating what the president called a Virtual Lifetime Electronic Record for servicemembers would not be found in adopting a single health-record system for two mammoth government departments. Instead, the answer was to use the influence of VA and DoD to help move the entire country toward a national standard and single set of protocols for electronic record sharing.

Seeking a “standards-based” exchange of information, said Dr. Peter Levin, VA’s chief technology officer, changed the conversation. It no longer was about VA and DoD “agreeing what the secret code should be.”

It was about getting behind the National Health Information Network, which the Department of Health and Human Services has been developing for years. NHIN is a collection of standards, protocols, legal agreements, specifications and services to enable secure exchange of health information online. It’s seen as a key component of a nationwide health information-technology strategy, a means to a common platform for information exchange across public and private sectors.

So VA and DoD officials began learning how to use NHIN to solve their own electronic health-record challenges. In January, VA unveiled preliminary results from a pilot program using NHIN standards to exchange patient-safety information between VA and Kaiser Permanente health-care providers for 400 volunteer patients in San Diego.

“I have been a physician for 25 years and this is the most exciting development I’ve seen in my medical career,” said Dr. Stephen L. Ondra, senior policy adviser for health affairs to VA Secretary Eric Shinseki. “It has the greatest potential to improve and change how we deliver care of anything that’s happened in my lifetime.”

VA runs the largest integrated health system in the country, caring for 5.4 million veterans. With Kaiser Permanente, which has the second-largest electronic medical-records system, VA is testing NHIN protocols, including privacy safeguards, to share patient data on health problems, treatments provided, medicines prescribed and allergies.

Ordinarily, when a veteran seeks treatment from a new civilian doctor, it’s a huge hassle getting the patient’s records transferred from an institution like VA or the military, explained Dr. John E. Mattison, chief medical information officer for Kaiser Permanente of Southern California.

The process “of taking weeks to get stale paper records now occurs in seconds,” he said. “So the net effect is ... increased patient safety and a tremendous improvement in efficiency of how we share information and how we deliver the best possible care.”

Ondra said DoD is to begin participating in the San Diego pilot early this year. More pilots are planned for locations throughout the country.

VA has committed to using NHIN protocols for health information exchange. Defense officials are expected to join in that commitment. And that use of a national standard, Ondra said, will “empower every system that chooses to be part of the health information exchange.”

The software tools needed to make VA and DoD health records available to any secure system in the nation are “an adapter and a gateway,” Ondra said. “An adapter is like a universal translator. A gateway is like an on-ramp to the NHIN. But the systems themselves don’t have to change, whether AHLTA, VISTA or any of the private-sector systems. When they send data out, they just have to go through these universal translators, which are already built.”

Tom Philpott, a former Coast Guardsman, has written about veterans and military personnel issues for more than 30 years.



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HEALING WATERS

Fly-fishing therapy saves self-esteem, marriages of wounded warriors.

BY KEN OLSEN

A photograph showing a person fly-fishing from a small boat on a river. The fisherman is visible on the right side of the frame, wearing a cap and a grey long-sleeved shirt. He is holding a fly rod and casting a line that curves across the upper portion of the image. The boat has "WYOMING" printed on its bow. The background consists of a calm river with greenish water and a dense forest of green trees in the distance.

Dale Cherney settled into a meditative casting rhythm on a red rock stretch of Wyoming's North Platte River and caught nine trout in a single late summer day. That's spectacular fly fishing by any measure – and even more impressive considering Cherney lost part of his right leg, his eye and his spleen to a rocket attack in Iraq.

For Cherney, however, catching trout is almost inconsequential. He appreciates the ways fly fishing restores his strength, his balance and coaxed him back to life.

A photograph showing four men on a light-colored aluminum boat on a river. One man in a grey long-sleeved shirt and cap is seated in the center, holding a fishing rod. Two other men in light-colored shirts and caps stand behind him, also holding rods. A fourth man is partially visible on the far left. The boat has "TROUT CRAFT" and "R.L. WINSTON ROD CO." printed on its side. The background shows a lush green forest.

Ryan Carr casts his line into the water while fishing with Dale Cherney, right, as fishing guide Kray Lutz pilots the boat on the North Platte River near Casper, Wyo. Carr served in Afghanistan, and Cherney served in Iraq. Both veterans are participating in Project Healing Waters, a fly-fishing program that provides wounded warriors and veterans with guided fly-fishing tours and fly-tying lessons. AP/Casper Star-Tribune, Dan Cepeda

"The injuries have made me an introvert," says Cherney, whose left leg, also injured in the October 2007 attack, is held together by pins and rods. "Fly fishing pushes me, it gets me out doing things with people. I feel privileged to be stealing breath every day."

Personal victories such as Cherney's are replicated from Maine to Hawaii because of a growing effort to provide fly-fishing therapy to wounded warriors. Some fishing guides informally reach out to veterans living in their area.

Free armored safes being doled out to public

Armored Safe giveaway ends public worry for those who rush to buy up hoards of brilliant, never-circulated U.S. Gov't issued coins that will never lose their cash value



HELP IS ON THE WAY: This never-before-seen photo captures the rapid shipment of free Bankers Armored Safes (left) that are now being shipped to U.S. citizens all across the country. The World Reserve is also making available the larger Bankers Grand Armored Safes (right) free to the general public who beat today's published deadline to buy up the newly released Collection of never-circulated U.S. Gov't issued coins and currency. Those who get through by calling the National Delivery Hotline at 1-866-964-2951 and beat the 7 day order deadline will get the Armored Safes for free.

By Shawn Oyler

UMS - Imagine finally getting something that will never lose its value.

Sounds too good to be true?

Well, it's true and word is quickly spreading about the free handout of Armored Safes that are being stocked full of never-circulated U.S. Gov't issued coins and currency that by law will never be minted again.

These free Armored Safes are being turned over to the general public who make it in time to beat the order deadline for their share of the hoard of brilliant, never-circulated U.S. Gov't coins and currency before the 7 day shutoff.

"The frantic demand for U.S. Gov't coins has caused the U.S. Mint® to officially halt the sale of many of its most valuable coins," said lead consultant for the World Reserve Thomas C. Harris, Retired Deputy Director of the U.S. Treasury Bureau of

Engraving and Printing.

"Today, the World Reserve began to release this hoard of U.S. Gov't coins and currency in a free Armored Safe to the general public. Having valuable U.S. Gov't coins serves as an economic life raft. This valuable Collection will never, never, never lose its face value. You will always have something worth a lot of money," said Harris.

Here's the best part, among the U.S. Gov't issued coins and currency that everyone gets is the highly sought after American Eagle 1-ounce silver bullion coin made from solid .999 fine silver, 250 of the first liberty engraved Westward Journey Nickels, a banker's stack of historic \$2 bills and a full vault tube of the Presidential Golden Dollar Coins.

Here's why that is so important. Just think if you would have saved the same number of never-circulated Eisenhower

Dollar coins from 1974. Remarkably, they would now be worth 500% more in collector value.

This gives you a hint that these are not the same grade as the coins found in loose change, or from the local bank. In fact, these coins remain in brilliant, never-circulated condition if left sealed and untouched.

U.S. Gov't Savings Bonds used to be a favorite way to keep money safe and popular to give as gifts. But no one can take a Savings Bond and go buy something with it.

That's why this hoard of valuable coins gives everyone the comfort of having full control of their money. No matter what, they will never lose their U.S. cash value.

If times ever get really tough any coin in the hoard could be used to buy anything. But unless it is a good reason, only a fool would do that because this personal hoard of money is already worth so much more

in collector value.

"So many people are buying up these coins. Even for those people who give away some of their collection as gifts, they are keeping the Armored Safe for themselves," said Jefferson Marshall, Director of the private World Reserve Monetary Exchange.

"This Safe is one of the absolute best places to keep valuables and important papers. People will now have a safe place to store their wills, guns, jewelry, antiques, keys, coins and even cash," Marshall said.

"The only problem the Safe creates is when it's time to read your Will. You need to make sure everyone knows who you want to leave it to," he said.

"When Americans get their hands on this Safe and their very own personal hoard of U.S. Gov't Coins, they'll really do a double take. Everyone will feel like they just won the lottery," he said. ■

How to get the free Armored Safes

All those who beat the 7 day order deadline for each personal hoard of U.S. Gov't issued coins and currency from the World Reserve Collection will actually be awarded the Bankers Armored Safes absolutely free.

Eligibility: Certain restrictions apply: Open to the public only, sorry no dealers. Those who miss the 7 day deadline will be turned away from this free offer and required to wait for future announcements, in this or other publications. The entire World Reserve Collection must be obtained to get the safe free. For more information about the larger Bankers Grand Armored Safes please call.

Terms & Conditions: To receive delivery of your free Armored Safe and the first shipment of coins, you'll only need to cover the first installment for as little as \$149, then cover the difference for the remaining shipments to complete your entire collection of U.S. Gov't coins. The No-Worry guarantee ensures that refunds be granted for all items properly returned, less shipping for 90 days from the day you receive your safe and first shipment. That means, cancellation will require the return of the free armored safe. Failure to do so will require remittance for the safe of four hundred and thirty six dollars. THE WORLD RESERVE MONETARY EXCHANGE, INC. IS NOT AFFILIATED WITH THE U.S. GOVERNMENT, A BANK OR ANY GOVERNMENT AGENCY. THE INCREASE IN COLLECTIBLE VALUE OF CERTAIN PRIOR ISSUES OF U.S. COINS DOES NOT GUARANTEE THAT CURRENT ISSUES WILL ALSO INCREASE IN VALUE. OH AND FL RESIDENT TRANSACTIONS REQUIRE THE REMITTANCE OF APPLICABLE SALES TAX. SORRY NO SHIPMENTS TO VT AND MA RESIDENTS. ADVERTISEMENT FOR WORLD RESERVE MONETARY EXCHANGE, INC. 8000 FREEDOM AVE., N. CANTON OH 44720.

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7 Smart places to stash your cash

By Aaron Robinson

So you're still hiding money under the mattress or in the bread box?

Well, you're not alone. Ever since financial institutions have been dropping like flies, millions of Americans have stopped relying solely on their banks.

1. Be sure your bank is insured.

Over 100 banks failed in 2009 alone. So, if you're not sure if your bank is insured, find out right away.

2. Start and grow a coin collection.

Coin collections are tangible assets that will always keep their face value, instead of just owning stocks that could depreciate or lose you money.

3. Keep some cash safe at home.

Cash is King. Believe it, but remember not to keep it in a thief's favorite spot; like in the bread box or the mattress. These will never have the protection that a quality home safe can provide.

4. Savings Bonds, an old favorite.

Savings Bonds are an easy way for your money to stay safe in the future. However, if lost or stolen they could be difficult to replace unless the serial number was kept in a safe place.

5. Gold and silver still shine.

If you own gold or silver, great, hold on to it. But if you don't, one of your best bets is to try to get as many U.S. Gov't issued gold and silver coins as you can.

6. Hold on to real estate.

With interest rates at historic all-time lows the market is sure to recover and property values will once again bounce back. So those who hold on to their homes for the long term will likely reap the benefits of these investments.

7. Buy a good safe.

Home safes become an absolute necessity during economic turmoil. But, because of the huge spike in recent sales, safes may be hard to come by.

With all this you'll be much safer, just in case your bank is the next to fail. ■



■ LIKE WINNING THE LOTTERY: Everyone gets the personal hoard consisting of 267 never-circulated U.S. Gov't coins and currency including 12 Presidential Golden Dollar Coins in a sealed Vault Roll, a heavy vault brick containing 250 of the first liberty engraved Westward Journey Nickels and, best of all, a solid .999 fine silver American Silver Eagle and a banker's stack of 4 historic \$2 bills. If times ever get really tough, any coin in this collection could be used to buy anything. Keep it as long as you can because this hoard is already worth so much more than face value.

■ NO MORE WORRIES: Carolyn Ford of Perry Town, OH thought she hit the jackpot when her free Bankers Armored Safe was delivered. "I already have some old coins, but I wanted this whole hoard of U.S. coins as a nice nest egg. I'll also set aside some of my hoard for my Grandchildren. Now I don't have to worry where to keep my important papers and my Grandfather's gun since I have my new safe," she said.

Programs such as Sun Valley Adaptive Sports in Idaho include fly fishing among several offerings for veterans. Project Healing Waters, which made Cherney's trip to Wyoming possible, is the most far-reaching national effort focused solely on providing fly fishing for wounded warriors.

The results speak for themselves: a wheelchair-using combat veteran now walks to fishing streams; a quadriplegic veteran learned to cast a fly rod with his right hand and manage the fishing line with his left hand despite a traumatic brain injury and a stroke; a Vietnam War veteran with severe agoraphobia and PTSD is able to leave his home and his family to fish with fellow veterans.

"Fly fishing helps veterans discover physical abilities they didn't know they have," says Teri Olson, a recreational therapist with Togus VA Medical Center in Augusta, Maine. "Say you no longer have a hand and all of a sudden you learn to use your prosthesis to strip line. It's no longer a weakness. Veterans who have lost a leg? They learn they really do dare to wade out into the water."

Such invigorating therapy goes well beyond the physical. It's saved marriages, rebuilt shattered confidence, and helped veterans ease back into civilian life. "I have guys tell me, 'This is a thousand times better for me than sitting in a group talking about how bad things are,'" Olson says.

Great Lakes Beginning. Fly-fishing therapy has been around since at least World War II, when a masonry contractor from Chicago first taught fly tying to Marines and sailors recovering at the Great Lakes Naval Hospital. Bill Blades initially saw fly tying as a way to relieve the tedium of long hospital stays and help combat veterans with injured arms and hands regain their fine motor skills. Fly tying inevitably led to fly fishing.

Blades passed his talents to contemporary therapy efforts during a chance encounter in the

early 1950s. A self-taught fly fisherman named John W. Colburn was dispatched to Camp Haven, Wis., with his artillery battery to train National Guard and Army reservists. During that three-month stint, Colburn's father-in-law – a sheet-metal contractor who knew Blades – insisted his son-in-law meet the fly-tying master.

"He wasn't the kind of guy who went around bragging about it," Colburn says of Blades' work with World War II wounded. "He mentioned it to me because I was in the Army at the time."

Blades gave Colburn a couple of fly-tying lessons and presented him with a red rooster neck – prized fly-tying material. And Colburn carried his fly-

tying gear everywhere he could throughout his 20-year Army career. "It kept me from doing other things that weren't good for me," he says. "I could do that in a tent out on a gun position rather than sit and play poker."

After retiring from the Army in 1968, Colburn worked in fly shops and taught fly-tying classes. Five years ago, he heard a retired

Navy captain named Ed Nicholson was starting a fly-fishing therapy program at Walter Reed Army Medical Center.

"When Project Healing Waters started, it reminded me of Bill Blades, and I mentioned to Ed that I did teach fly-tying classes," Colburn says. Soon he was teaching some of Blades' techniques to his first class of combat veterans: four soldiers who had lost their left arms and a soldier who had lost most of the use of his right hand.

"My motto during that first class became, 'It isn't that you can't do it, it's that we haven't figured out a way that you can do it,'" Colburn says. In fact, Colburn taught himself to tie flies with either hand so he could teach soldiers who only have the use of one hand. And he learned not to take no for an answer.

"A guy will say to me, 'No way I can do that,'" Colburn says. "I say, 'Hell, give it a shot.' Pretty



Spc. Bret DiFrancesco, left, who was wounded by an IED in Iraq, learns fly-tying techniques from Dick Stearns, right. The Healing Waters program connects Fort Lewis, Wash., soldiers who have been wounded or who suffer from traumatic brain injury or PTSD with local fly fishermen to learn the skill of fly tying. AP/The News Tribune, Dean J. Koepfle

soon, he will figure out he can do it and there's no stopping him."

Healing Waters. Nicholson was inspired to launch Project Healing Waters while recovering from surgery at Walter Reed. "I love to fly fish myself," Nicholson says. "I thought it would be helpful to get soldiers out of the hospital and reconnected with the outdoors. It wasn't hard to convince them to give it a try."

Project Healing Waters started with fly-tying classes at Walter Reed led by Colburn. When spring broke, Nicholson and other volunteers launched the first fishing outing near Hagerstown, Md., with three wounded soldiers.

The fishing stories got around. Demand was overwhelming. Nicholson asked fly-fishing groups around the country to help veterans in their areas. "We want to work within a club structure," Nicholson says. "This is more than an individual can do."

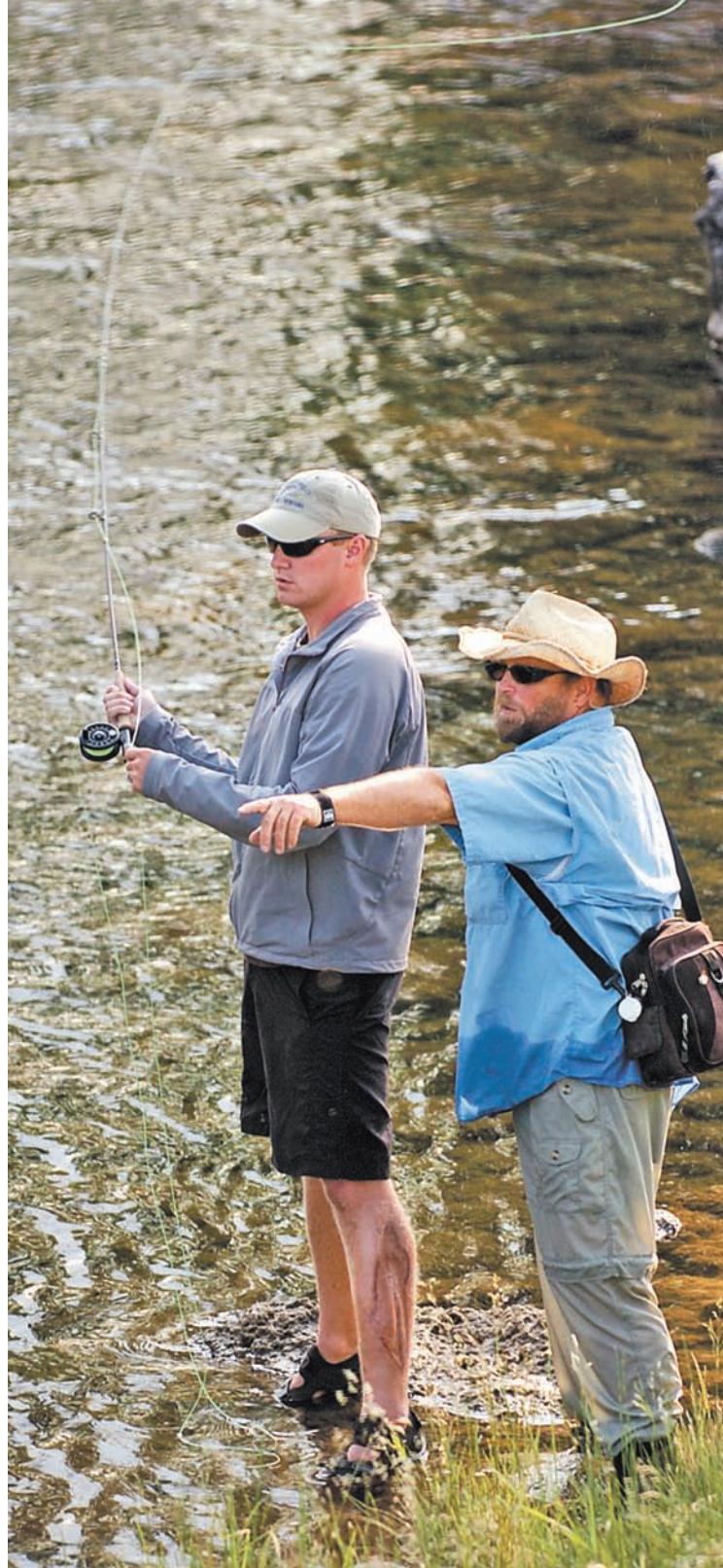
Trout Unlimited and the Federation of Fly Fishers stepped forward. A dozen other independent clubs, including a chapter of American Fly Casters, have joined the effort in individual communities. Today, with just two paid staff and the generosity of the fly-fishing community, there are Project Healing Waters programs at more than 60 VA medical centers and about a dozen Army medical centers and Warrior Transition Units. A program soon will launch in Canada.

"The support we receive locally from many service organizations, including The American Legion, is making sure disabled veterans who would benefit from our program have access," says Jerry Lorang, who coordinates Project Healing Waters programs in Oregon.

Fly fishing offers wounded warriors therapy away from the barbells and boredom of a hospital setting. Wounded warriors get one-on-one attention from volunteer instructors. They start with fly tying, progress to rod building and, in some locations, drift boat building. Fly-casting practice also starts indoors during the foul months of winter and moves outside as the weather improves. "We try to stay in front of it and keep soldiers engaged," Nichols explains.

The men and women who participate talk about the camaraderie, about being inspired by watching what others are able to accomplish, about the chance to forget what most troubles them.

"It releases your mind from what happened back there," says Jesse Garza of Fullerton, Calif., who was wounded in Vietnam and still battles PTSD.



Fishing guide Adam Wagner, right, points out a rising fish to 1st Lt. Danny Psoinos as he casts his fly on Montana's Boulder River. Psoinos undergoes intense physical therapy for pain that is constant and nagging – except when he is fly fishing. At Walter Reed, Psoinos met retired Navy Capt. Ed Nicholson, who came up with the idea of fly fishing as therapy while hospitalized after his own surgery in 2004. Soon after, Project Healing Waters was born. AP/The Daily Chronicle, Erik Petersen



Marine Angel Gomez of Fresno, Calif., listens to his fishing guide Jess Kiesel as he casts his line onto a pond outside Ketchum, Idaho. Gomez traveled west to participate in the Sun Valley Adaptive Sports program, which uses sports and recreation – including fly fishing – as therapy to help heal and rehabilitate severely injured members of the U.S. military. AP/Charlie Litchfield

"It gives you that moment, that hour, that week away from the pain. It's a mental-physical type of therapy where you use your hands and you use your mind." And it has given him and his wife an outdoor sport they can pursue together.

There's also the pride of learning to master something as mysterious and challenging as fly fishing despite dramatic physical and emotional challenges inflicted by combat.

"Soldiers wake up one day missing an arm or a leg and ask themselves if they will ever be able to do the things they liked to do," Nicholson says. "We help them regain their confidence through teaching them the art and craft and sport of fly fishing. Time and again, a soldier who didn't want to do anything is out there casting with one arm, stripping line with his teeth."

However, Project Healing Waters emphasizes it's not a "take-a-soldier-fishing-for-a-day program." It establishes long-term relationships with wounded warriors. It works with the physical, occupational and recreational therapists at VA and military medical centers who are in charge of the formal treatment.

"Therapists see the benefits of repeated contact over time," Nicholson says. "They love the fact that we are committed."

"There are hundreds of organizations that want to help veterans," adds Carole Katz of Long Beach, Calif., Casting Club. "What's unique about Project Healing Waters is we're there on a regular basis where other groups might come for the Fourth of July or a one-time benefit event."

The therapy is all about the fishing – and not about fishing at all.

"Put yourself in the framework of a person who is missing an arm or lost the ability to use an arm," Nicholson says. "They have got to find ways in everyday living to get along. How do they button their buttons? Tie their shoes? If you get them down on a fly-tying bench and show them how, with one arm, they can tie a wooly bugger, they can do other things."

Terry Perry, who developed a desire to fly fish while she was stationed in Alaska with the Air Force, says there's another consideration. "When I'm in a drift boat catching fish, nobody can tell I have a handicap," says Perry, who returned home to Maine after being diagnosed with multiple sclerosis. "Out there, you can relax, you can be yourself. When you go in public with a wheelchair, you don't always get that."

The classroom sessions, offered as often as weekly in some locations, are as important as the fishing trips. "I have vets who just take the rod-building classes, fly-tying lessons, and casting lessons," says Carole Katz, the retired nurse anesthetist who runs a Project Healing Waters program for veterans at the Long Beach VA Medical Center. "For many of them, these ongoing classes are just as therapeutic as the fishing outings."

One participant, whose life revolved around sitting in bed, watching TV and popping pills for his relentless pain, told her the classes "get the week off to a positive start" and give him "a reason to get out of bed and out of the house."

Families are equally grateful for fishing therapy. "I've had spouses call me or pull me aside and say, 'Thank you for saving our marriage,'" Olson says.



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Fly tying, rod building and fishing also are more meaningful than some of the textbook physical and occupational therapy. "One of the exercises they have to do in physical therapy is pick up a marble and put it in a bowl over and over again," Katz says. "That's mind-numbingly boring to a 21-year-old stud who is coming back from the Middle East."

Other soldiers find fly tying so enjoyable that they declare, with relief, that they have made their last leather wallet – standard fare on the rehabilitation menu.

Participants from the Long Beach VA Medical Center have achieved other milestones, graduating from psychiatric treatment because the fly fishing program inspired them to buy a fly rod or go on fishing trips – all steps toward independent living.

Fly Fishers Anonymous.

Tim Reed wishes fly-fishing therapy had been offered when he came home from Vietnam with a bullet-shattered leg.

"I was in traction for four and a half months," Reed says. "It was brutal for the boredom. I could have tied flies when I was in bed."

Reed found his way to fly-fishing therapy on his own 15 years ago, after alcohol and drugs cost him his business, his house and most of his friends. While he was in recovery, "they said, 'You cocaine addicts better find something real quick,'" Reed says. "Fly fishing turned my obsessive qualities a better direction. (Now) I just torture the fish instead of myself and my family."

Why does fly fishing work? "It's hard to find a hobby you can participate in for the rest of your life," Reed says. "It's something anybody can do. You don't have to be an athlete. You can do it on your own or with other people. And trout hang out in pretty places."

Reed started a program through the Spokane Fly

Fishers because he wanted veterans to have the opportunity to find some of what fly fishing has given him. "I would not have gotten the

VA hospital here to respond without the help of Project Healing Waters founder Ed Nicholson and regional director Chuck Tye," Reed says.

Last summer, Spokane Fly Fishers took an 88-year-old combat veteran fishing after being contacted by his wife. It's the first time Mershon Shaddy fished since he was a kid. Now Reed's group is planning fly-fishing therapy for veterans with traumatic brain injury who live in a halfway house.

Dale Cherney wishes more veterans would take advantage of the program. For him, fly-fishing therapy means a future. He pushes his workouts at Walter Reed so he has the strength to deal with steep stream banks. "I'll never be 100 percent," Cherney says. "But I'm getting close. When (rehab) is done, I want to help Project Healing Waters out – maybe volunteer to organize an event. And I'm thinking about building bamboo rods for a living."

Meanwhile, one group is formally testing veterans

before and after they participate in fishing therapy with the aim of establishing scientific evidence of the benefits of wielding a fly rod. Recreational therapists like Teri Olson don't need the formal affirmation.

"I've watched it work for 30 years," Olson says. "The veterans come away with lifelong changes. They come back week after week, month after month, as effusive as they were during that week of fishing. They see a strength they never knew they had before." She pauses and laughs. "It's amazing what a fish can do." ☰

Ken Olsen is a frequent contributor to The American Legion Magazine.



FLY-FISHING THERAPY RESOURCES

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GET SMART

The nation's electrical grid needs a thorough reinvention for the 21st century.

BY JAY STULLER

Smart technology is the critical component for turning our nation's aging, unreliable power grids into cost-efficient, environment-friendly systems.

Carrying energy at the speed of light, the U.S. electrical grid is like a massive living organism, with a digestive system that converts fuel into energy, organs, cells, nerves and blood vessels. From heart-like power stations, electrons are pumped through arterial transmission lines and transformers, and spread through the capillaries of wires into virtually every home and business in the nation. Our national electric power grid brings to life televisions, computers, motors – the skin of modern living. In reality, the grid is the largest and most complex machine ever built, one the National Academy of Engineering has ranked as the 20th century's greatest engineering accomplishment.

Alas, like the Scarecrow in "The Wizard of Oz," this "organism" doesn't have a brain.

Corbis



Unlike the nimble Internet, our electrical infrastructure is a static, one-way system that sends power to consumers through meters that, for the most part, are still read manually each month. Except for industrial users, few consumers have a way to acquire and respond to information about their power use and adjust to its fluctuating price. At a time when nearly every electrical device in sight is digital and computerized, the grid is controlled primarily by relatively “dumb” analog equipment designed and built in the 1900s.

Lack of intelligence notwithstanding, the grid has been the foundation of U.S. prosperity. Abundant and relatively inexpensive electricity enabled mass production, communications and the air conditioning that made the Sun Belt more inhabitable. Without electricity, the rest of America’s energy equation wouldn’t exist; refineries couldn’t make gasoline, diesel and jet fuel out of oil.

Embedded in the landscape, the grid’s transmission towers, relay stations, transformers and wires are so familiar they almost go unseen. In turn, the system is generally unappreciated, so long as the power remains on. And because it usually works, we think little about what’s on the other side of the switch. Only at night, from the air and above a metropolis, with rows of interlocking lights stretching to the horizon in a brilliant luminous web, does an individual actually see a piece – and just one piece – of the grid’s amazing complexity.

As noted in *The American Legion Magazine*’s special report on “The Power of Power” (March 2009), much of the grid’s hardware is around 50 years old – near the road’s end for most industrial equipment. It is thus increasingly unreliable, inefficient and vulnerable to natural disasters, terrorists and even squirrels falling onto power lines. In its current form, the grid cannot take advantage of renewable energy, such as solar and wind power, that would help reduce greenhouse gases that contribute to climate change.

Monopoly utilities served the nation well during the 20th century. But an industry regulated by 50 different state utility commissions, with 50 sets of rules, has resisted change. Consequently, even though the crumbling electrical infrastructure can

and will be rebuilt, the question is whether the existing system will be replicated or reinvented.

The Smart Grid. Fortunately, a free-form and fast-moving coalition of nonprofit visionaries, entrepreneurs and federal officials want to ensure that, this time around, the Scarecrow gets his brain. This reinvented system is dubbed the “smart grid.”

“It seems clear that private investment and consumer investment is rapidly taking place in the energy technology space,” observes Steve Pullins, president of Horizon Energy Group in Knoxville, Tenn. He is a leader in the Modern Grid Strategy, an initiative associated with the Department of Energy. “Over the past three years, there’s been an explosion of innovation from venture-backed firms ... geared to the consumer side of the meter.”

More than 185,000 small businesses and communities are already acquiring electricity from alternative sources, a trend that, over the past decade, has grown by 33 percent each year. Called “grid divorce,” it is a direct departure from the centralized, regulated monopolies that, until recently, have operated without challenge. “If utilities fail to notice what is going on,” Pullins says, “they could become less and less relevant to their customers.”

Utilities, and the states that regulate them, are caught in yet another set of cross-hairs. Senate Majority Leader Harry Reid, D-Nev., is a strong advocate for strengthening the grid. In March, he introduced legislation that would give federal regulators authority to override states on where to locate long-distance, high-voltage power lines. To alternative power developers, this bill – the Clean Renewable Energy and Economic Development Act, or S. 539 – would expedite the movement of energy from rural wind and solar farm projects to where it’s needed. “We cannot let 231 state regulators hold up progress,” Reid said at a clean-energy conference last year, referring to state public-utility commissions that usually decide such matters.

Although states may resist such change, the technical and federal consensus on the need for



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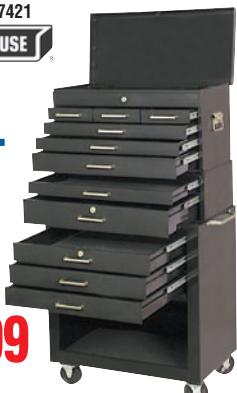
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a smart grid is already here, says Jesse Berst, founder and editor of the *Smart Grid Newsletter* and an internationally recognized energy analyst. The federal stimulus package, in fact, had \$4.6 billion specifically devoted to a smart grid. “And there are many other pots of money with more generic labels that could be applied to the smart grid,” Berst says. Included is money for transmission lines, energy efficiency and electric vehicles.

So just what is a smart grid? According to the Electricity Advisory Committee, there are many working definitions. Broadly speaking, a smart grid is a range of technologies, equipment and business models that optimize the energy-value chain.

Such a grid would include meters that enable consumers to monitor the cost of incoming electricity in real time; they could decide to shift their energy use to off-peak hours, when power is less expensive. A smart grid incorporates smaller alternative power sources, such as solar panels on homes and office buildings, with the larger grid. It includes a vast network of microgrids, each operating with its own power-generation sources that are usually alternative, renewable and within reach of buildings or communities that can communicate with each other in real time via computers.

Networks of microgrids would be connected to the main grid through master controllers, in a system as interactive as the Internet. Should one microgrid, or an area served by the main grid, begin to experience a power drain, a smart system would sense the impending outage and repair it faster than the humans watching control panels.

Benefits and Barriers. The new technologies may replace the meter readers and other workers. The Electricity Advisory Committee’s report notes that smart-grid technologies would eliminate unneeded field trips, reducing maintenance and operations costs. But as President Obama noted during his campaign and in the economic stimulus bill, a conversion to green energy and a smart grid will create far more jobs than are lost.

What’s more, while utility executives contend that replacing the existing infrastructure would cost about \$900 billion over 12 years, smarter

technologies would take less investment and ultimately reduce energy costs to consumers. The payoff on smart technologies should be robust.

Berst says the smart grid “is perhaps the most fiscally responsible of all stimulus investments, because it has a five-times multiplier.” Each dollar invested should generate a \$5 return: for workers installing new equipment or in long-term green-collar jobs, in competitive advantages for U.S. firms using cheaper electricity, and in a more reliable system for national security.

By managing our electricity use more efficiently, the smart grid also has the potential to generate profound environmental benefits. The Electric Power Research Institute figures that a smart grid would reduce carbon-dioxide emissions from electric-power generation by 25 percent – the same as taking 140 million cars off the roads.

A smart grid would reduce carbon-dioxide emissions from electric-power generation by 25 percent – the same as taking 140 million cars off the roads.

Electric Power Research Institute

“zero-out” their energy costs, few pay for excess production.

Today’s electric power industry is like the telecommunications monopoly of the past, which had little incentive to develop technologies that reduced cost, offered choices or improved service. The deregulation of that business led to the cell phone and mobile e-mail devices of today.

“Utilities still view regulators as their key customers,” says Kurt Yeager, head of the Galvin Initiative. “But in a truly open market, innovative entrepreneurs have incentives to provide high-value services and products to consumers.”

Thanks to a conversion of technology, climate concerns, good business instincts and political will, electric-system incentives are developing. And high-value services and products will likely flow from a sophisticated smart grid. It will operate with “brains,” which would make the Wizard proud and leave the Scarecrow grinning with glee. ¶

Jay Stuller is co-author of “Perfect Power: How the Microgrid Revolution Will Unleash Cleaner, Greener and More Abundant Energy” (McGraw-Hill, 2008).

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Urban warfare in a rural setting

Nestled in the small town of Butlerville, Ind., is the Army's premier urban-warfare training center.

BY STEVE BROOKS

At first glance, war looks to have already broken out. Windows are shattered, buildings caved in, walls crumbling down. And that's the point.

The Muscatatuck Urban Training Center (MUTC) is the Army's flagship site for teaching soldiers how to fight in city environments. Operated by the Indiana National Guard, the facility encompasses 1,000 acres, including a 180-acre reservoir.

The purpose of MUTC, National Guard Brig. Gen. Clif Tooley told members of The American Legion's National Security and Foreign Relations commissions – along with other Legionnaires – during a recent visit, is to "provide the most realistic, contemporary operating environment possible in which to mobilize and train the joint, interagency, inter-government, multinational, non-governmental team to accomplish missions directed toward protecting the homeland and defending the peace."

In order to create a "complex environment," Tooley said, the facility has developed:

- A complex physical terrain with realistic urban terrain building types; compromised infrastructure such as power, water, sewage and communications grids, along with collapsed buildings, apartments,

and urban canyons; and urban clutter, including vehicles, equipment and rubble.

- A complex informational terrain, consisting of broadcast, print and Internet media, and an electromagnetic spectrum communications and information system.
- A complex human terrain, including social systems involving economic, political and cultural systems; primary group structures such as family and community; and secondary group structures like government, factions, military police, businesses and industries.

A former mental hospital, MUTC is the only urban-warfare training center that houses an entire city, featuring a Middle Eastern marketplace setting, several pristine and already damaged buildings, working businesses, a prison complex and underground tunnels spanning a mile.

Tooley said the facility is a work in progress; its overall size will be expanded, and features will be added to it. Future additions will include an embassy setting, oil refinery area, soccer stadium and several farms.

"We're building a training center for the 21st century," Tooley said. "We're taking the



A UH-60 Black Hawk belonging to the Colorado National Guard's 2nd Battalion, 135th Aviation Regiment, A Company, flies over Muscatatuck Urban Training Center as part of an exercise called Vibrant Response. U.S. Army/Staff Sgt. Brad Staggs

lessons from the past and applying them to a new business model."

The facility has been or will be used by U.S. military forces, state and local law-enforcement groups and the Slovak army, among others.

"I think something like this is really important," said Mike Helm, chairman of The American Legion Foreign Relations Commission. "Our forces are going into areas where 95 percent of the people are good and 5 percent are evil. We've got to figure out a way to deal with the 5 percent and not make the other 95 percent mad at us. A facility like this really helps with that."

MUTC also includes the Patriot Academy, a National Guard Bureau pilot program where qualified recruits can earn high-school diplomas in a military-academy setting. Prospective soldiers go through basic training before attending the academy and continue to learn military skills while accruing high school and college credits.

The National Guard Bureau hopes to enroll up to 500 students at the academy by 2011.

The group also toured Camp Atterbury in Edinburgh, Ind. The National Guard facility, which has mobilized more than 60,000 troops since 2002, can be mobilizing or demobilizing 3,000 to 5,000 servicemembers at any time.

Camp Atterbury also hosts full-theater immersion sites for servicemembers heading to forward operating bases, a SEAL sniper school compound, vehicle convoy training simulators, and weapons simulators. Legionnaire Charles Bennett of Post 28 in Farmington, Maine, got a chance to fire



Tom Stratman



Department of Defense/Cpl. Alex C. Guerra, U.S. Marine Corps

TOP: Legionnaire Charles Bennett fires a 240 Bravo machine-gun simulator. **LEFT:** Marines conduct a counterinsurgency training exercise. **BOTTOM:** Soldiers look for survivors in a "downed helicopter" scenario.

a 240 Bravo machine-gun simulator.

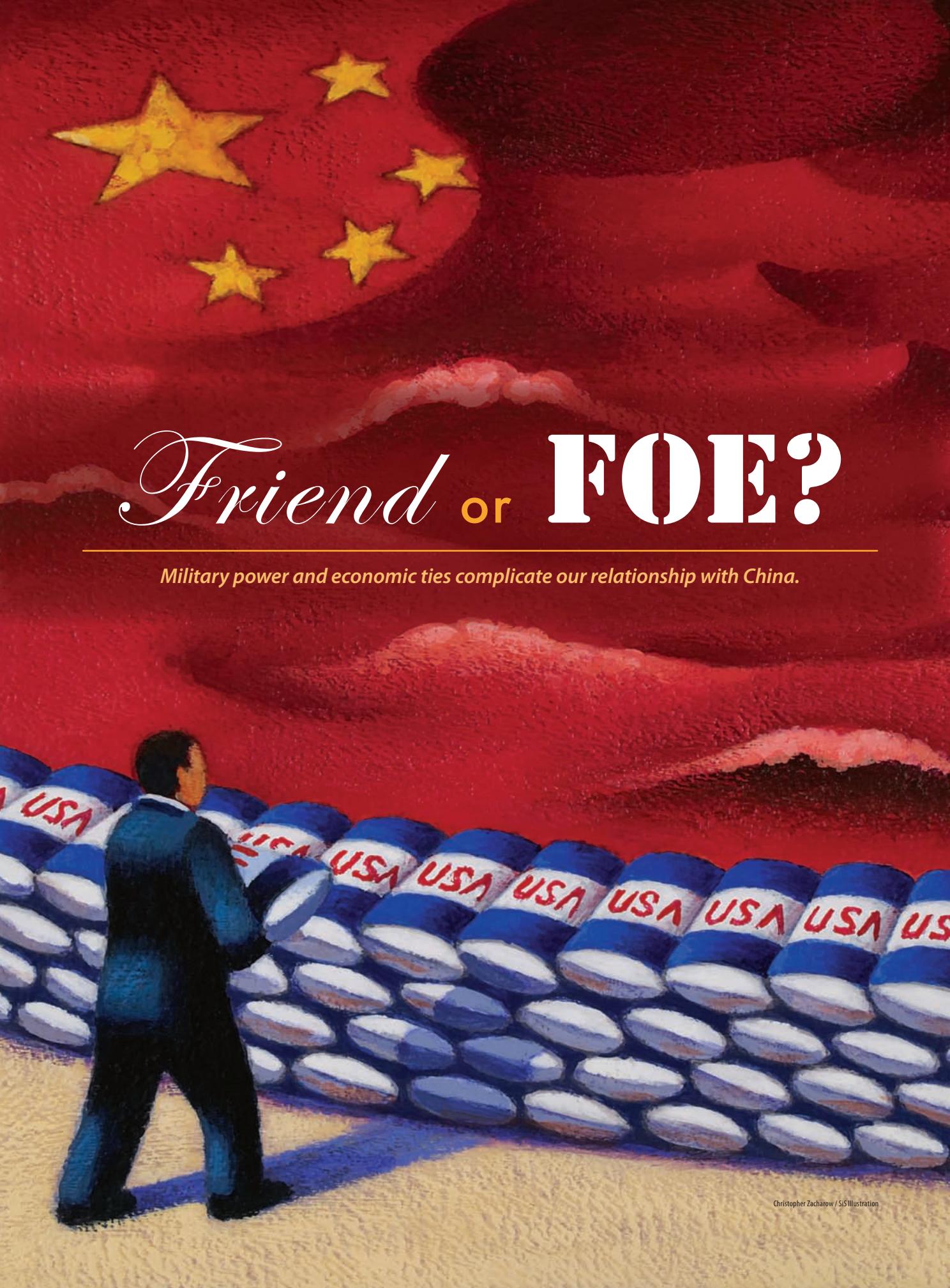
"It's a hell of a lot different than firing an M-16, I can tell you that," Bennett said. "It's amazing, absolutely amazing. I wish they'd had that when I was in the service." ☺

Steve Brooks is multimedia editor for The American Legion.



U.S. Army/Sgt. Brad Staggs





Friend or FOE?

Military power and economic ties complicate our relationship with China.

Trying to decipher China's long-term goals, a U.S. Joint Forces Command report ominously recalls Deng Xiaoping's advice that China "disguise its ambition and hide its claws." The report labels the U.S.-China relationship "one of the great strategic question marks of the next 25 years."

As we know from history, question marks often lead to misunderstandings. The challenge for Washington is to find a way to make sure that any misunderstandings between these two economic giants and would-be rivals don't lead to conflict.

Robert Kagan, pointing to China in his new book "The Return of History and the End of Dreams," concludes, "Perhaps no nation has ever moved further faster from weakness to strength."

The Pentagon's 2009 report on China's military power uses numbers to tell the story. For example, China's military budget was nearly 10 times larger in 2005 than it was in 1989, and roughly doubled between 2005 and 2009, with a 14.9-percent increase last year.

Beijing is quick to remind us that it spends just a fraction of what the United States does on its military, which is true. The 2010 Pentagon budget is some \$680 billion; China's defense budget is in the \$150 billion range. Of course, as the world's first responder and last line of defense, the United States plays a much different global role than China. Moreover, China's growth in military spending is unmatched anywhere.

Although the Pentagon report details China's advances in space capabilities, information warfare and strategic nuclear forces, since the United States and China are Pacific powers, let's focus on their naval and maritime capabilities:

- China's arsenal includes land-attack cruise missiles, anti-ship cruise missiles, Russian fighter-bombers, indigenous surface-to-air missiles, sophisticated carrier-killing ballistic missiles and attack submarines.
- Beijing is "considering building multiple aircraft carriers and associated ships by 2020," according to the Pentagon. It has also initiated a training program for pilots to operate carrier-based fixed-wing aircraft.
- Most of these systems are what the Pentagon calls "anti-access and area-denial weapons." They give Beijing "the ability to hold large surface ships, including aircraft carriers, at risk ... deny use of shore-based airfields, secure bastions and regional

logistics hubs ... and hold aircraft at risk over or near Chinese territory or forces."

In short, China is deploying an array of assets aimed at dissuading the United States from intervening in what China considers its sphere of influence – and should conflict arise, preventing the United States from projecting its assets into the battle space before Beijing achieves its objectives. As the Pentagon put it in 2000, in the event of conflict, Beijing's goal would be "to achieve a military solution before outside powers could intervene militarily."

"Deterring the U.S. is now a key objective for China," observes Eric Wertheim, editor of "The Naval Institute Guide to Combat Fleets of the World."

Wertheim says China's current buildup was spurred by Washington's unchallenged deployment of carrier battle groups off the coast of Taiwan during a 1996 crisis. "China felt powerless in response," he explains. Hence, China has turned to anti-access capabilities.

On a 2009 visit to the United States, Xu Caihou, vice chairman of the People's Liberation Army Central Military Commission, promised that China is "committed to peaceful development, and we will not and could not challenge or threaten any other country ... certainly not the United States."

But rhetoric doesn't always match reality.

China and Russia teamed up for large-scale war games in 2005, 2007 and 2009, under the auspices of the Shanghai Cooperation Organization, a counterweight to the U.S.-led NATO alliance.

China has secured a number of coastal footholds from the South China Sea to Burma to Sri Lanka to Pakistan, where China is investing in a deep-sea port near the entrance to the Persian Gulf. Much of this is linked to China's energy needs.

Finally, as the U.S.-China Economic and Security Review Commission (ESRC) recently noted, as a result of naval modernization, "China increasingly will be able to project power in East Asia and therefore interfere with U.S. freedom of access to the region."

That's no small matter, given that the United States has dominated the Pacific since the end of World War II.

Spheres of Cooperation or Conflict? China's brisk buildup and sometimes-opaque motivations are raising concerns among China's neighbors and even "beginning to fuel a maritime arms race in the region," according to the ESRC.

For instance, Australian Prime Minister Kevin Rudd is proposing what the Australian press labels "a multibillion-dollar buildup ... to ensure that Australia can defend its northern and sea approaches."

The Australian Department of Defense recently concluded, "The pace, scope and structure of China's military modernization have the potential to give its neighbors cause for concern."

Alarmed by double-digit growth in year-to-year defense spending, Japanese prime minister Yukio Hatoyama says Beijing needs "to enhance its transparency more than ever."

Kagan notes that China's actions have spurred Japan and India to strengthen their ties, with the two now "engaging in military cooperation, especially in the Indian Ocean."

Joint Chiefs Chairman Adm. Michael Mullen has pointedly observed that Beijing's new capabilities "seem very focused on the United States Navy and our bases that are in that part of the world."

Even so, President Barack Obama envisions "spheres of cooperation" rather than spheres of influence in the Asia-Pacific region. He insists that "the United States does not seek to contain China."

But China sees things differently.

Chinese Prime Minister Wen Jiabao, for instance, has concluded that the United States is maneuvering "to preserve its status as the world's sole superpower and will not allow any country the chance to pose a challenge to it."

A study published by China's Academy of Military Science criticizes Washington's "overbearing strategy of encirclement and suffocation."

That may not be Washington's intent. But from Beijing's vantage point, the United States is arrayed along China's periphery, with a long-term presence in Japan and South Korea, strong ties with Thailand and the Philippines, a blossoming partnership with India and a growing role in Central Asia.

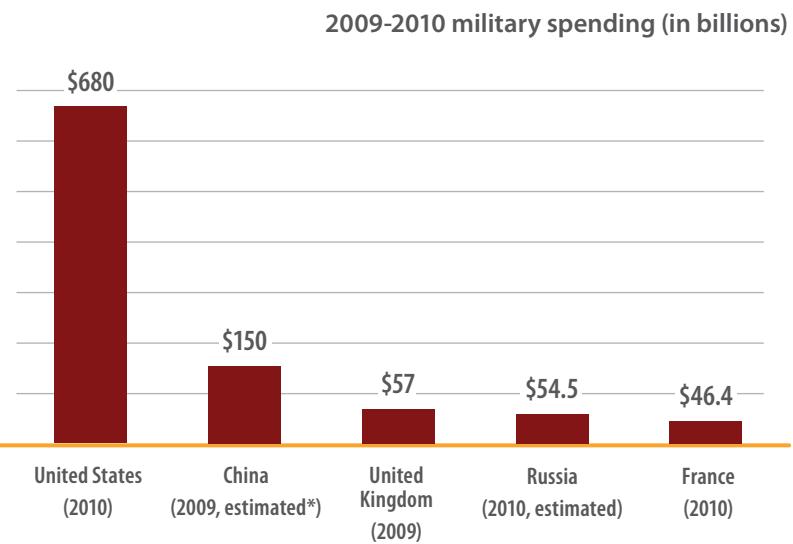
Positive Developments. On the positive side, the United States and China are working to develop what a 2009 joint communiqué calls "sustained and reliable military-military relations." Toward that end:

- The two have set up a hotline known as the Defense Telephone Link (DTL) between the U.S. Department of Defense and China's Ministry of National Defense.
- Beijing and Washington have launched a number of high-level military exchanges, including meetings between Defense Secretary Robert Gates and Chinese commanders, as well as Chinese military visits to the Pentagon, U.S. Strategic Command, U.S. Pacific Command and the Naval Academy – all in 2009.
- The two also vow to cooperate on counterterrorism and law enforcement.

"The pace, scope and structure of China's military modernization have the potential to give its neighbors cause for concern."

Australian Department of Defense

* The Pentagon says that estimating Chinese military expenditures is "a difficult process due to the lack of accounting transparency."



The Pentagon reports that in the past decade, China has settled 11 territorial disputes with six of its neighbors. One still-outstanding dispute involves Taiwan. Although Beijing and Taipei are pursuing a free-trade agreement, Xu ominously noted during his U.S. visit that “China has yet to realize complete unification.”

Still, U.S. military analysts are less worried about China launching a war than about a miscalculation on either side that could trigger a test of wills. Wertheim, for example, worries that “a misunderstanding could lead to a serious crisis.”

This seems increasingly likely, given Washington’s and Beijing’s divergent views on the definition of international waters and airspace. As the ESRC warns, “China’s expanded claim over freedom of navigation in what it considers to be its exclusive economic zone could lead to further incidents involving the U.S. military.”

It pays to recall that in 2001, a Chinese warplane quite literally intercepted a U.S. Navy reconnaissance plane flying in international airspace above the South China Sea. The mid-air mugging crippled the U.S. plane and forced it to make an emergency landing on Hainan island, where the crew was held for almost two weeks until Washington issued an artfully worded non-apology.

In 2009, there were six incidents involving U.S. and Chinese vessels. According to the Chinese Defense Ministry, these incidents were caused by “constant U.S. military air and sea surveillance ... in China’s exclusive economic zone (EEZ).”

An EEZ extends some 200 miles off a country’s coastline and allows for exploration rights. But EEZs are not equivalent to sovereign territory, which explains why the U.S. military sometimes operates much closer to China’s shores. In doing so, the United States contends it is enforcing an internationally recognized 12-mile coastal zone.

In other words, while Washington views such action as a way to keep the sea lanes open, Beijing views it as trespassing.

Keeping the Peace. As China grows its military and extends its reach, Washington and Beijing need to ensure that such disagreements don’t lead to crises – and if they do, that crises don’t lead to conflict. To realize that goal, U.S. policy should be guided by three principles.

First, peace through strength – what Reagan prescribed at the end of the Cold War and Churchill at the beginning – works.

The good news is that the United States is investing some \$15 billion to transform Guam into

an island arsenal, complete with Marines and special-ops units, berths for aircraft carriers and attack subs, and swarms of long-range bombers.

The better news is that China has “a deep respect for U.S. military power,” as the Joint Forces Command concludes. We cannot overstate how important this is in keeping the peace.

“China’s expanded claim over freedom of navigation in what it considers to be its exclusive economic zone could lead to further incidents”

U.S.-China Economic and Security Review Commission

An important part of U.S. strength is the alliance system it has built over the decades. Some of America’s strongest friendships are found in the vast Asia-Pacific region: Japan, South Korea, Thailand, Singapore, Australia. Moreover, in something of a geostrategic double-play, the United States is now closely collaborating with India and with Pakistan on a range of security issues.

These friendships and partnerships increase Washington’s options in times of crisis.

Second, keeping your “frenemies” close can keep the peace. Given that China resides in a nether-world between friend and foe, the Cold War model can only guide us so far. China is at once an asymmetric challenger, strategic competitor and economic partner. Such ambiguity was never the case with the U.S.-Soviet relationship.

Even as it engages in a military buildup directed at the United States, China owns some \$800 billion in U.S. debt, which means China is America’s banker. Plus, in the past decade, annual U.S.-China trade has grown from \$95 billion to \$409 billion.

These intricate trade and financial links both complicate the situation and mitigate the likelihood of conflict. It seems the two nations share far too many interests to become enemies.

Third, saving face may save lives. As we learned during the Hainan incident, face-saving diplomacy is important to Beijing – and to U.S. interests. It’s not hard to imagine future misunderstandings when the most prudent course will require Washington to resist the temptation to fix the blame or humiliate Beijing. ☺

Alan W. Dowd is a contributing editor for The American Legion Magazine.

LEGIONNAIRES: THE FIRST GENERATION

Adolphe Menjou

Hollywood star drove an ambulance in World War I.

When called upon by Hollywood, Adolphe Menjou played the part – from his 1916 debut in “The Blue Envelope Mystery” to his final role in “Pollyanna” in 1960. When summoned by Congress, Menjou played the role of his personal convictions – veteran, patriot and first-generation Legionnaire.

Those convictions led to a challenging period in his life. Called upon by the House Committee on Un-American Activities in 1947, Menjou cooperated in the McCarthy-era search for communists in Hollywood. Actors such as Barbara Stanwyck and Robert Taylor joined the cause of the Motion Picture Alliance for the Preservation of American Ideals. But Menjou met opposition from others like co-star Katharine Hepburn, with whom he reportedly barely spoke on the sets of “Stage Door” and “State of the Union.” However, a divided Hollywood did not dilute his beliefs.

Menjou first served his nation as a captain in the ambulance service during World War I. His concern for veterans affairs led him to become a founding member of The American Legion in 1919. He remained a patriot and continuous Legionnaire at Hollywood Post 43 until his death in 1963.

Throughout his life, Menjou was an icon in the fashion world for his seemingly endless tailor-made wardrobe and his trademark waxy black mustache. His biography on the Internet Movie Database calls him “suave” and “debonair” with “the requisite demeanor to confidently pull off a roguish and magnetic man-about-town.”

His biography further points to a blend of smarts and good looks: “Fluent in six languages, Menjou was nearly unrecognizable without some type of formal wear, and went on to earn distinction as the nation’s ‘best-dressed man’ nine times.”

During World War II, he did not forget his dedication to the nation’s warriors. He took his acting talent on the road to entertain the troops overseas.

In 1963, Menjou lost a nine-month battle with hepatitis. His obituary in the *Montana Legionnaire* reads in part that

Menjou was known “as a suave actor ... but countless others will remember him best as a man devoted to his country and a tireless fighter against communism, particularly in his profession.”

In a memorial tribute, the Los Angeles County Council of The American Legion concurred:

“Our nation has lost a great artist and a great patriot ... His uncompromising fight against the steady advance of the communist menace and their Nazi-fascist counterparts in the motion-picture industry was an inspiration to all America.”

– Paul Fedorchak



ADOLPHE MEN

The dossier

Born in Pittsburgh on Feb. 18, 1890.

Educated at Culver Military Academy, Stiles Preparatory School and Cornell University.

Married three times, adopted a son with Verree Teasdale.

Served as a captain with the Ambulance Corps in France during World War I.

Had a silent and talkie film career that spanned 44 years, with roles in more than 40 pictures.

Sported his trademark “Menjou,” the waxy black mustache named after him.

Named the nation’s “best-dressed man” nine times.

Cooperated with House Committee on Un-American Activities in pursuit of stamping out communism in Hollywood.

Died at his Beverly Hills home Oct. 29, 1963, after a nine-month battle with hepatitis.

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[VERBATIM]

“I had everything taken away and given back to me in two hours.”

Mike Hermanstorfer of Denver, whose wife, Tracy, and their unborn son were miraculously resuscitated after she suffered cardiac arrest Christmas Eve

“Now that the process moves to the critical stage of reconciliation between the chambers, we respectfully request that you allow the public full access, through television, to legislation that will affect the lives of every single American.”

C-SPAN CEO Brian Lamb, writing to leaders in the House and Senate on Dec. 30 to allow coverage of health-care negotiations

“When you hear a pop on the plane, you’re awake, trust me. I just jumped. I didn’t think. I went over there and tried to save the plane.”

Jasper Schuringa of Amsterdam, who extinguished a fire lit by Umar Abdulmutallab on Northwest Flight 253 on Christmas Day. As the plane approached Detroit, Abdulmutallab ignited an explosive device attached to his body in an attempt to destroy the airliner.

“If we were to abandon Afghanistan, who believes [al-Qaeda] would not take root there again? We would just have to do it all over again.”

British Defense Secretary Bob Ainsworth

“It was clear that the administration intends to put this in the first rank of their legislative priorities in 2010.”

Henry Cisneros, former secretary of Housing and Urban Development, following a conference call in which White House staff confirmed that President Obama will push for comprehensive immigration reform this year

Sources: New York Post, The Times of London, Fox News, AP, Baltimore Sun



TOP: Delaware Department Commander Larry Marcouillier and Past National Vice Commander Tom Burns display ILC Dover's Blue Star Banner, as reflected in the visor of a space helmet.

ABOVE: An ILC Dover technician carefully stitches together layers of a space glove, each of which is custom-made for the wearer.

TAILORED FOR SPACE

Blue Star Banner company in rural Delaware takes pride in a legacy of accomplishments and patriotism.

A narrow two-lane highway meanders out of tiny Frederica, Del., and into the coastal countryside. High grassy fields, outbuildings and thick tree groves naturally take over the landscape.

Then, suddenly, like something out of a 1960s sci-fi movie, a massive structure appears alongside the road, behind a sign bearing the unmistakable image of an astronaut in a spacesuit. Do not adjust your set. You have arrived at One Moonwalker Road, home of ILC Dover.

In the 1950s, ILC Dover spun off from the International Latex Corp. – makers of girdles, swim caps, life rafts and Playtex rubber gloves, among other items – and soared into the stratosphere of government contracting. The company made a name for itself by supplying the Navy and Air Force with high-altitude pressure helmets and flight suits. The operation was then situated in Dover, Del., with only a warehouse in Frederica. In time, however, the sprawling rural property near the coast was a better fit for the company's next big thing: to design and make Apollo spacesuits for NASA.

ILC Dover's workforce jumped from 50 to 700 in the 1960s and early '70s as the Apollo missions grew and morphed into the Skylab project. The end of Skylab in 1974, however, led to a two-year workforce reduction at ILC Dover, down to 25, until the company redefined itself, building on a reputation for cutting-edge technology with the space program and as a proven producer of garments and equipment capable of withstanding "environments not conducive to human existence."

"We're always improving the suits," says William Ayrey, an ILC Dover quality manager and company historian. "We're always trying to protect people from hostile environments and keep them comfortable."

Today's suits are tough enough to deflect millions of micro-meteorites that fly around in space, and the visors

must protect against the sun's unfiltered intensity. They also have to be flexible for easy movement, especially at the joints. Space-shuttle suits have 11 layers, including five of aluminized mylar, and the ability to sustain life in temperature extremes from 200 degrees below zero to 300 above. The suits must also accommodate changes in body weight and growth for those who spend months in zero-gravity conditions.

"The glove is the most important part of the space suit," Ayrey explains. "You're going to have to pick up rocks with it, repair the space station, and fix things. And every glove is custom-fit."

More than 40 years since its first spacesuit, the company – which prides itself on patriotism and hangs a Blue Star Banner prominently at the main-office entrance – has a

number of other products for national-security and military uses, including:

- Personal protection suits and gas masks for chemical, biological and nuclear defense.
- Massive blimps and other lighter-than-air vehicles used in border control, drug-interdiction operations and military surveillance.
- Collapsible water and fuel tanks for the Army.
- Helmets, suits, impact absorbers and wings for unmanned aerial vehicles.

The spacesuit business remains steady, and ILC Dover is now partnering with another company to create the next-generation suit, due out at the end of the decade.

The company's patriotism and support of U.S. troops have led to a number of visits by American Legion national commanders over the years, usually at the behest of Past National Vice Commander Tom Burns of Delaware. "It really is a unique company with a special place in history, and in the future, too," Burns said. "They are extremely supportive of our troops and the Legion."

– Jeff Stoffer



The glove is the most critical piece of the spacesuit, ILC Dover historian Bill Ayrey says. Jeff Stoffer photos

[ACTIVE DUTY]



U.S. Navy

Motion sickness takes toll on military ops

BY JEROME GREER CHANDLER

Do you think only the meek get motion sickness? Roman statesman Cicero suffered from it, proclaiming he "would rather be killed" than endure *nausea mara* – sickness from the sea. Camel-riding troops of Napoleon's ill-conceived Dromedary Corps succumbed to it, debilitated by the rolling gait of their ungainly mounts. Even the legendary Chuck Yeager – the first human to break the sound barrier – threw up on his first airplane ride.

Motion sickness can take a real toll on military operations. "If you're vomiting, you really aren't able to do anything else but that," says Cmdr. Rita Simmons, officer in charge of the Naval Aerospace Medical Research Laboratory (NAMRL) in Pensacola, Fla. "And when you're finished, you're pretty much physiologically worn out."

That's why there's a surge to find ways to shut down the malady – so that soldiers, sailors, airmen, Marines and Coast Guardsmen are better able to do their jobs.

First, motion sickness has nothing to do with your stomach. The problem starts with the inner ear, the vestibular system. The Treisman Toxin Theory asserts that when your body perceives irregular motion, it reacts as it would to poison – and tries, quite violently, to get rid of it ("emesis" is the medical term).

Then there's the Sensory Conflict Theory. Sensory organs tell your body where you are in space, and they record this information, giving the body a baseline set of sensory expectations. If those are rattled by an external force, sensory conflict results. "That's what starts the cascade of physiologic events," Simmons says. They include sweating, confusion, accelerated heart rate and incapacitation.

How bad can it get? During D-Day in Europe, a C-47 full of paratroopers had to do a 180 and return to base. That maneuver debilitated even the toughest soldiers; the cabin quickly became awash with "emesis."

For much of World War II, German submarines crippled Allied shipping in the North Atlantic, but seasickness often crippled the crews. Typically, 30 percent of the crews of merchant vessels and the warships that shepherded them got seasick. If the sea state was really wretched, 100 percent of the crew might succumb.

Motion sickness remains a serious health problem among U.S. servicemembers. After flying strenuous aerobatics, fighter pilots congregate in the officers' club and debate

whether it's been a "one- or two-glove" day. Submariners and special-operations troops are also at particular risk – that's because their vessels are comparatively unstable. Marines get sick during amphibious operations and on the beaches they storm.

Even outside of combat, motion sickness exacts a price. Between 2003 and 2007, it accounted for as much as 16-percent attrition among Navy pilot and navigator trainees. Consider this: the cost to train a Navy pilot is \$160,000, \$115,000 for a navigator.

Scientists have tried lots of remedies for motion sickness. Until recently, none have worked without causing significant side effects. For example, intranasal scopolamine was convenient, fast-acting and terribly imprecise. Researchers found that side effects simply weren't worth the benefits, Simmons says. Inability to deliver just the right dosage meant blurred vision, increased blood pressure and headaches.

Scientists also tested transdermal patches on NASA astronauts and other subjects. While easy to administer, "absorption time is slow," a NAMRL review reported, "and side effects associated with ... higher dose(s) and treatment over multiple days can be severe." Some studies even report hallucinations among the elderly and children.

The solution: stick with intranasal, but make the mixture better – and devise a way to dole out dosages more precisely. In 1996, NASA pharmacologist Lakshmi Putcha developed a new, quick-acting INSCOP formulation. "Scopolamine is the best solution," Simmons says. "We just needed a formula – and a delivery system."

Putcha provided the formula, modern technology the delivery system. While 0.8 mg is the typical oral dose for scopolamine, new systems deliver a precise 0.2 mg. As a result, the drug's side effects all but vanish.

The next phase is field trials and, after that, possible use as a cure for motion-sickness. Simmons believes in "two or three years," the military will have "a fast-acting, field-expedient countermeasure" for one of the most persistent ailments ever to afflict those headed into harm's way.

A former combat medic, Jerome Greer Chandler is the author of the best-seller "Fire & Rain," the story of the wind shear crash of Delta Flight 191.

[MEDICINE]

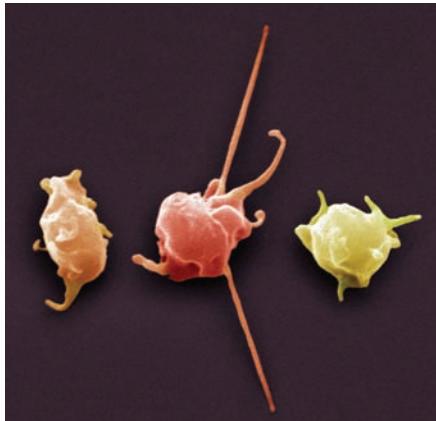
Battlefield breakthrough

Scientists at Case Western Reserve University have developed synthetic platelets to speed the process of blood-clotting, especially in relation to internal bleeding. The breakthrough could have a positive impact on battlefield medicine, analysts say.

Erin Lavik and James Bertram injected synthetic platelets into lab rats and were able "to stop internal bleeding after an injury 23 percent faster than in untreated rats," *The Plain Dealer* reports. The platelets are made of biodegradable polymers that are "designed to home in and link up with the patient's own platelets at the site of the injury," according to the BBC.

Lavik and Bertram's synthetic platelets include three layers: a core made of material used in dissolvable stitches, water soluble polymers in the middle and an outermost layer including a molecule that helps the synthetic platelet "bind to naturally occurring platelets, augmenting the body's own clotting process," according to *The Plain Dealer*.

The water-soluble layer is key because it speeds the process of flushing out the platelets once they have completed their life-saving work.



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[ACTIVE DUTY]

Vote of confidence

Congress has passed legislation strengthening military voter rights in time for the 2010 elections. The Military and Overseas Voter Empowerment Act (MOVE) requires all states "to have at least one method of electronic voter registration and ballot applications" by November, *Military Times* reports. In addition, states must provide blank absentee ballots by mail and electronically. This will be helpful when ballot changes, late runoffs and/or delays cause problems with final ballots. Under the MOVE Act, overseas voters/servicemembers who request a ballot "must have 45 days from when it is sent to when it must be returned" to ensure they have enough time to vote for federal offices. And state rules on notarization of absentee ballots can no longer be used as cause for disqualifying a ballot.

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[PERSONAL COMPUTING]

The best digital technology of the '00s

BY REID GOLDSBOROUGH

What any given person regards as a great computer-related product or service is highly subjective. Business people, teenagers, stay-at-home moms and retired folks typically have different perspectives, as do Windows diehards, Mac fanatics and Linux heads.

As we enter the new decade of the 2010s, a lot of publications and pundits are offering their take on the best digital technology of the past decade.

Along with the personal nature of this, another complicating factor is that, at least according to purists, the new decade doesn't even start until next year. Just as the old millennium, they contend, didn't really end until 2001 because there was no year 0, the current decade doesn't really end until 2011. Still, it can be a useful exercise to look back at any time to see what worked. If past is prologue, this can provide insight into what to look forward to. Here's one stab at this, the 10 most influential technologies of the past 10 years, looked at from a broad perspective.

Residential broadband. The information superhighway is all about capacity. Even though not everyone accesses the Internet through cable, fiber-optic or satellite connections, broadband in 2010 is widespread enough that many home and home-office users take for granted the multimedia that's frustratingly slow over dial-up connections. Comcast has led the way here with cable, but Verizon and AT&T are providing needed competition with fiber optics, and everybody seems to be trying to encroach on one another's Internet, television and telephone turf.

Wi-Fi. No technology has unshackled the PC more than Wi-Fi, a type of wireless local area network. It has made it possible to connect to the Internet in selected airports, hotels, coffee shops, restaurants, supermarkets, libraries and college campuses,



as well as to connect multiple PCs to the Internet from anywhere at home.

Google. While not the first search engine, Google has blown away all the others, using smarter search algorithms to return more useful search results. Like other search companies, Google has diversified into other areas, successfully rolling out or acquiring and improving e-mail, blogging, photo-sharing, mapping, video and other services and offering a free Web browser, free office productivity software, and even a free operating system.

iPod. No device has changed the music scene as much as Apple's iPod, and no device has made Apple more money. Combined with its well-tuned iTunes software and store, the various iPod models let you listen to the music you want where and when you want, along with accessing music videos, movies, games, photos, e-mail, contact information and more, depending on the model.

DVRs. Just as the iPod has revolutionized music consumption, digital video recorders have revolutionized television consumption. TVs paired with DVRs put you in control, letting you watch what you want when you want and bypass commercials. TiVo was the first big mover and shaker, but cable, phone, and satellite companies have since incorporated TiVo-like capabilities into their set-top boxes.

Smart phones. Apple's iPhone is the most popular smart phone today, though the BlackBerry preceded it and still has millions of loyalists. The iPhone lets you not only make cell calls but also exchange e-mail, browse the

Web, watch and shoot video, take photos, play games, and access 100,000 applications. The BlackBerry's command of e-mail along with its other uses has kept it more popular than the iPhone with business users.

Social media. MySpace was the first wildly successful social-media Web site, but it has since been eclipsed by Facebook and Twitter. Next to Google, Facebook is the second most visited Web site on the Internet, letting users easily keep in touch with friends and friends of friends. Twitter goes a step further, letting those inclined "tweet" others about their every move.

GPS. The Global Positioning System was originally intended for military use, same as the Internet, but it has since become an indispensable tool for millions in determining how to get from point A to point B in their cars using popular devices such as TomTom.

USB drives. Using storage as fast as RAM and nearly as capacious as a hard drive, these portable devices have replaced the venerable floppy disk and all other would-be floppy disk successors for many uses.

Digital photography. Virtually everything exciting about photography these days is digital, from cameras and photo-editing software to printers and photo-sharing Web sites. As a common digital-technology theme, digital photography lets you do more yourself, more quickly, with more people.

Reid Goldsborough is a syndicated columnist and author of the book "Straight Talk About the Information Superhighway." reidgold@comcast.net, www.reidgoldsborough.com

[CAREERS]

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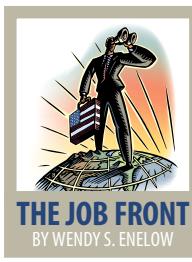
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Wendy Enelow is co-author of "Expert Résumés for Military-to-Civilian Transitions" and "Executive Résumé Toolkit." www.wendyenelow.com



THE JOB FRONT
BY WENDY S. ENLOW

[ECONOMICS]

Scammed

"At least 270,000 Americans have been duped out of roughly \$30 million" in major schemes related to the 2009 economic recovery act, *Government Executive* magazine reports. Details of the con schemes were released by Federal Trade Commission chairman Jon Leibowitz.

Some of the schemes ask consumers to pay money in order to obtain a bogus government grant. Others offer \$25,000 but really just trick targets into "purchasing a grant-writing book or related coaching services." Still another scheme invites consumers to apply for a sham program promising to eliminate credit-card debt.



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[LEGION RACING]

76 Freedom Car to race ARCA series in 2010

American Legion/David Law Firm 76 Freedom Car driver Jerick Johnson and his Team Johnson Motorsports crew have moved from the American Speed Association to the Automobile Racing Club of America (ARCA) circuit for 2010. The step follows a successful 2009 season in which Johnson captured the 2009 ASA Late Model Challenge Series Rookie of the Year trophy and finished ninth in total championship points.

Team Johnson Motorsports, based in Mooresville, N.C., will run 10 ARCA races in 2010 – all eight scheduled ARCA superspeedway races, plus two other ARCA races, at Iowa Speedway in Des Moines and Rockingham Speedway in North Carolina.

This isn't the first experience Johnson and Team Johnson Motorsports have had with the steel-bodied, 3,400-pound ARCA race cars. Johnson drove two ARCA races in 2002 and five NASCAR



James V. Carroll

Busch Series races in 2007. The ARCA series is considered by most in the racing business as the NASCAR "farm system." Teams that achieve success in ARCA often move up to Nationwide or Sprint Cup competition.

Johnson made his 2010 ARCA series debut at Daytona International Speedway on Feb. 6. The 80-lap Lucas Oil Slick Mist 200 ARCA race was sandwiched between Daytona 500 qualifying and the Budweiser Shootout. For results and standings, visit www.legion.org/racing.

The next stop for the 76 Freedom Car is the Texas Motor Speedway on April 16. Johnson will compete in the 100-lap Rattlesnake 150. A green flag start is scheduled for 6:30 p.m.

To host a Legion Racing event, contact Team Johnson Motorsports:

☎ (704) 877-0151

✉ info@teamjohnsonmotorsports.com

2010 ARCA Series schedule

April 16	Texas Motor Speedway Fort Worth, Texas
April 23	Talladega Speedway Talladega, Ala.
June 5	Pocono Raceway Long Pond, Pa.
June 11	Mich. Int'l Speedway Brooklyn, Mich.
July 10	Iowa Speedway Newton, Iowa
July 31	Pocono Raceway Long Pond, Pa.
Aug. 27	Chicagoland Speedway Joliet, Ill.
Sept. 30	Kansas Speedway Kansas City, Kan.
Oct. 9	Rockingham Speedway Rockingham, N.C.

[NATION]

Americans' views in recent decades			
	Generally positive	Generally negative	Neither
1960s	34%	15%	42%
1970s	40%	16%	37%
1980s	56%	12%	27%
1990s	57%	19%	22%
2000-2009	27%	50%	21%

Source: Pew Research Center

[ACTIVE DUTY]

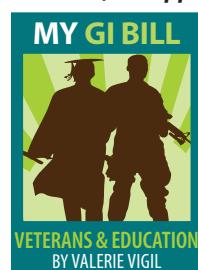
A King-sized helping hand

Stephen King and his wife donated nearly \$13,000 to bring 150 Maine Army National Guard troops home for the holidays. The donation paid for bus trips from Camp Atterbury, Indiana, to Maine. We say "nearly" because King, author of scores of horror novels, is a bit superstitious about the number 13, so he pledged \$12,999, according to the Associated Press. His personal assistant added a buck.

[EDUCATION]

Education benefits have time limit

Q: I served on active duty in the 1st Infantry Division from 1971 to 1973, honorably discharged in June of that year. To date, I have never applied for, nor received, any GI Bill benefits, having never needed them. However, I'm approaching 60 and it feels like my "need" has finally occurred. Are there any benefits available to me anymore? I would really appreciate any help you might provide. I have been active in our local Legion post, serving as chaplain for eight years.



A: Unfortunately, the delimiting date for using your veterans educational benefits is 10 years from the time you were discharged from the military. If you would like to attend college, I recommend applying for financial aid at www.fafsa.ed.gov, as well as scholarships.

Valerie Vigil, a Marine Corps veteran and member of American Legion Post 27 in Arizona, is a past vice president of the National Association of Veterans' Program Administrators. Send GI Bill questions to her by e-mail: askvalerie@legion.org



[CONVENTION]

Legion family gears up for Milwaukee

The American Legion's 92nd National Convention is five months away, but Legionnaires can and should plan now for their week in Milwaukee.

A premier Midwest destination, Milwaukee is affordable and accessible. The city boasts more than 150 events, attractions, exhibits and performances, many of which are free or less than \$10. The Harley-Davidson Museum, the Potawatomi Bingo Casino, Discovery World and Bayshore Town Center are just a few of Milwaukee's diverse offerings.

For ideas on what to see and do in this year's convention city, check out:

www.legion.org/convention

Click on "Convention Resources" for much more, including:

- Scheduled 2010 convention meetings
- A hotel directory by department
- A list of Milwaukee-area American Legion posts desiring to host functions during convention week
- Wheelchair and scooter rental information

[MEMBERSHIP]

NEW POSTS

Smithfield-Fairchance

Post 278, Smithfield, Pa.:

Chartered Dec. 22 (15 members)

Hilton Stone Post 279,

Woodbury, Tenn.:

Chartered Dec. 14 (21 members)

Post 17, Alamo, Nev.:

Chartered Dec. 7 (13 members)

2nd Lt. Emily J.T. Perez

Post 36, West Point, N.Y.:

Chartered Nov. 23 (15 members)

[SCOUTING]

LIKE FATHER, LIKE SON

Michigan Legionnaire and son earn Boy Scouts heroism awards

An American Legion post commander in Michigan has been awarded Boy Scouts of America's highest national award for heroism and bravery.

Steven D. Monaghan, commander of Beasley-Zalesny Post 112 in Plymouth, Mich., received the Honor Medal with Crossed Palms for actions he took to save the life of an elderly woman who was swarmed by yellow jackets in front of her home. Monaghan is also Cubmaster for Cub Scout Pack 781 of Our Lady of Good Counsel Catholic Church in Plymouth.

While tending to morning errands, Monaghan heard screams and found Beth Walsh unable to move, pleading for help. Walsh told Monaghan she was allergic to bee stings. He called 911, found a can of wasp spray inside the woman's home and doused the yellow jackets with it. He then rushed back to the house, got a blanket and began to swat the bees, which quickly turned on Monaghan.

Police and emergency crews soon arrived and rushed Walsh to a local hospital. Monaghan complained to firemen that he was short of breath, experiencing chest pain and dizziness. He soon collapsed. He too went to the hospital.

Hospital officials counted more than 100 stings on Walsh's body and removed more than 30 stingers; she spent five days hospitalized. Medical staff said if it were not for the quick response by Monaghan and Walsh's neighbor, Roger Anderson, the bee attack could have been fatal.

In his effort to thwart the bees, Monaghan received more than 30 stings on his neck. Due to the location of the stings, medical staff said that without prompt medical care for Monaghan, his attack, too, could have been fatal.

Monaghan attributes his quick response to his many leadership roles and his military service. He also credits his Boy Scouts first-aid training.

On average, fewer than three Honor Medals with Crossed Palms are awarded nationally each year, with one going to an adult leader. Since 1938, not even 200 of these medals have been awarded.

Monaghan's 11-year-old son, Ethan, recently received the Boy Scouts of America Heroism Award for Lifesaving for rescuing his younger brother from drowning. The father-son honor is the first ever in the 100-year history of Scouting in Michigan.

James V. Carroll

How to submit a reunion

The American Legion Magazine publishes reunion notices for veterans. Send notices to **The American Legion Magazine, Attn: Reunions, P.O. Box 1055, Indianapolis, IN 46206, fax (317) 630-1280, e-mail reunions@legion.org** or submit information via our Web site, www.legion.org/reunions.

Include the branch of service and complete name of the group, no abbreviations, with your request. The listing also should include reunion dates and city, along with a contact name, telephone number and e-mail address. Listings are publicized free of charge.

Your notice will appear on our Web site within a week and will remain online until the final day of your reunion. Upon submission, allow three months for your reunion to be published in print. Due to the large number of reunions, **The American Legion Magazine** will publish a group's listing only once a year. Notices should be sent at least six months prior to the reunion to ensure timely publication.

AIR FORCE/ARMY AIR FORCES

22nd TCS (Tachikawa), Branson, MO, 5/5-7, Henry Trujillo, (719) 545-4156, alute@comcast.net; **37th SPS 12th SPS Cobra Flt (Phu Cat AB, Vietnam)**, San Antonio, 4/29-5/1, Pete Piazza, (405) 921-8900, wpiazza@aol.com; **38th Bomb Wing Assn (Laon AB, Aisne, France, 1953-1958)**, Cordona, CA, 6/11-13, Don Lester, (209) 295-4525; **60th Trp Carrier Grp (1950-1960)**, Nashville, TN, 9/8-11, Paul Baldwin, (254) 694-2267, dbaldwin@hillsboro.net; **435th TCW Flamingo Wing Assn**, Sebring, FL, 4/9-11, Carl Gulbransen, (305) 238-0408, cuglbran@bellsouth.net; **494th Bombardment Grp**, Mobile, AL, 4/29-5/3, Marshall Keller, (248) 626-3684; **Chambley AB (France)**, Colorado Springs, CO, 9/16-21, chambleyab.com, (586) 918-4266, fxmeier3@gmail.com; **Det 1, 727, 26, 4460, 607, 107, 84, 83, 552, TCS, AD, TCTS, ACW, ACS & ACG**, Phoenix, 10/1-4, Ken Taylor, taylorpatken9@

Other notices

"In Search Of" is a means of getting in touch with people from your unit to plan a reunion. We do not publish listings that seek people for interviews, research purposes, military photos or help in filing a VA claim. Listings must include the name of the unit from which you seek people, the time period and the location, as well as a contact name, telephone number and e-mail address. Send notices to **The American Legion Magazine, Attn: In Search Of, P.O. Box 1055, Indianapolis, IN 46206, fax (317) 630-1280** or e-mail reunions@legion.org.

The magazine will not publish names of individuals, only the name of the unit. Listings are published free of charge.

Life Membership notices are published for Legionnaires who have been awarded life memberships by their posts. This does not include a member's own Paid-Up-For-Life membership.

Notices must be submitted on official forms, which may be obtained by sending a self-addressed stamped envelope to **The American Legion Magazine, Attn: Life Memberships, P.O. Box 1055, Indianapolis, IN 46206**.

Comrades in Distress" listings must be approved by the Legion's Veterans Affairs & Rehabilitation Division. If you are seeking to verify an injury received during service, contact your Legion department service officer for information on how to publish a notice.

To respond to a "Comrades in Distress" listing, send a letter to **The American Legion Magazine, Attn: Comrades in Distress, P.O. Box 1055, Indianapolis, IN 46206**. Include the listing's CID number in your response.

"Taps" notices are published only for Legionnaires who served as department commanders or national officers.

(610) 363-7826; **95th Inf Div**, Cambridge, MA, 8/4-8, Sy Schnuer, (978) 371-1435; **96th Inf Div Deadeye Assn**, Milwaukee, 7/28-8/1, Mary Smith, (803) 278-2109; **114th Inf 44th Div (WWII)**, Rapid City, SD, 9/9-10, Curtis Eggers, (605) 332-0710; **511th Mil Intel Bn FON 77-80**, Santa Fe, NM, 9/19-20, Bruce H. Barber, (785) 476-5118, brace@ruralte.net; **527th Mil Intel Bn, 70-74**, Santa Fe, NM, 9/12-13, Bruce H. Barber, (785) 476-5118, brace@ruralte.net; **720th MP Bn Assn**, Arlington, VA, 5/28-6/1, Peter Schroeter, (973) 956-1038; **862nd Eng Avn Bn**, New Orleans, 9/10-13, Joseph Di Franco, (440) 943-2700, joseph.difranco@yahoo.com; **Battle of the Bulge Vets**, Columbia, SC, 9/1-6, Ralph W. Bozorth, (610) 825-9409, ralph608@comcast.net; **Guntruckers (All Trans Units)**, Carlisle, PA, 8/4-8, John Dodd, (434) 724-1469, bbower1@cox.net

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MARINES

1st Mar Corps Warrant Officer Class, Quantico, VA, 4/5-10, Charles Long, (321) 633-6178, recon69@bellsouth.net; **1st Mar Div A-1-7 (WWII & North China)**, Jacksonville, NC, 4/14-16, Lou Clabeaux, (727) 399-9276, jlclabeaux@webtv.net; **Hawk Assn**, Branson, MO, 11/9-13, Stan Buliszyn, (845) 240-0377; **Kilo 4/13 (Vietnam)**, San Diego, 09/11-14, Joe Pizzi, (973) 271-3597; **Kilo Co 3rd Bn Mar Rgt (Vietnam)**, Portland, OR, 9/16-20, Harry Smith, (870) 489-3123, smitty@kilo37.com; **Texas Chpt 3rd Mar Div**, Galveston, TX, 4/8-11, Mike Sohn, (210) 654-3310, jument2@hotmail.com

NAVY

Adair APA 91, Pigeon Forge, TN, 4/25-28, Paul Caudell, (706) 677-3611; **Boston CA 69, CAG 1 & SSN 703**, Washington, 7/8-11, Art Hebert, (603) 672-8772, secretary@ussboston.org; **Charles P. Cecil DD/DDR 835**, Norfolk, VA, 9/19-25, Greg Wells, (405) 365-1926; **Clarence K. Bronson DD 668**, Herndon, VA, 9/9-12, Ken Sullivan, (941) 795-3813, kenhenleninf@yahoo.com; **Comstock LSD 19**, Branson, MO, 6/6-9, Jon Dahlke, (605) 390-7470, jonandvi@juno.com; **Cony DD/DDE 508**, Branson, MO, 5/18-23, Ken Cox, (863) 307-3187, kcox@tampabay.rr.com; **Douglas A. Munro DE 422 (1944-1960)**, Orlando, FL, 9/9-11, Luke Elder, (541) 479-6021, jwelder27@hotmail.com; **Everglades & Currituck**, San Francisco, 9/29-10-3, Gary Adams, ad24history@att.net; **Fremont APA 44**, Fredericksburg, TX, 9/15-19, Tony Tedesco, (830) 998-1118, tonytaft@juno.com; **Galveston CLG 3**; **Shipmates Assn**, Memphis, TN, 9/22-26, Tom Campbell Jr., galveston@comcast.net; **Intrepid CV 11**, Milwaukee, 6/9-13, Chuck Coppess, (219) 762-8714, w5147956@yahoo.com; **Iwo Jima LPH 2/LHD 7, Okinawa LPH 3, Guadalcanal LPH 7, Guam LPH 9, Tripoli LPH 10 & New Orleans LPH 11**, Nashville, TN, 9/15-19, Robert McAnally, (757) 723-0317, yujack@megalink.net; **John R. Craig DD 885**, Chattanooga, TN, 9/8-12, Jerry Chwalek, (734)

525-1469, jermail@ameriteck.net; **Kalinin Bay VC 3**, Biloxi, MS, 5/5-7, Morris Turner, (903) 629-7311, jhrkr@peoples.net; **Kaskaskia AO 27**, Warwick, RI, 9/22-26, Robert Crosbie, (269) 244-5474, bgcrosbie77@yahoo.com; **Kearsarge CV/CVA/CVS 33 & LHD 3**, Branson, MO, 5/16-20, Edward McKee, (307) 632-0743, lomck3@aol.com; **LST 372**, New Orleans, 9/16-19, Wayne Foran, (217) 678-8145, cef61813@yahoo.com; **Mansfield DD 728**, Portland, OR, 9/8-12, Jim Frazier, (562) 425-6968, 1papaj1@verizon.net; **Milwaukee AOR 2**, Milwaukee, 8/5-8, Dennis Nowotny, (319) 337-4363, dennis.nowotny@gmail.com; **Moale DD 693**, Lake Zurich, IL, 4/29-5/2, Cal Muth, (321) 729-9915, cmuth@cfl.rr.com; **Navy Cryptologic Vets Assn**, Valley Forge, PA, 5/19-22, Fred Demech, (570) 341-8131, fdemech@comcast.net; **NTC Bainbridge**, Aberdeen, MD, 9/10-10/3, Arline Caliger, kali8824z@aol.com; **Randolph CV, CVA & CVS 15**, Newport News, VA, 9/13-19, Sal Rizza, (321) 454-2344; **Ranger CVA/CV 61**, San Antonio, 9/22-26, George Meoli, (203) 453-4279, uss.ranger@yahoo.com; **Rathburne DE/FF 1057**, Gettysburg, PA, 9/13-16, Bob Rowe, (901) 837-6106, fs512420@yahoo.com; **Rich DD/DDE 820**, Virginia Beach, VA, 4/25-29, Gary Wilson, (615) 838-6450, reunion2010@ussrich.org; **Rowan DD 405 & DD 782**, Washington, 9/23-27, Leo J. Moore, (973) 875-4582, leodd782@nj.net; **Sellers DDG 11**, Jacksonville, FL, 9/16-19, Delta Hinson, (757) 615-7089, aeldewcarwas@aol.com; **Ticonderoga CVA 14, CV 14, CVS 14 & CG 47**, San Francisco, 6/12-16, Al McDonnell, (415) 290-4914, kagranieri@sbcglobal.net; **Truckee AO 147**, Gulfport, MS, 9/23-26, Mike Landers, (770) 356-1727, mlanders52@yahoo.com; **Util Sqrds VJ, VU & VC**, Reno, NV, 9/13-15, Bob Case, (360) 293-4967, marobcase@hotmail.com; **VB-109 & VPB-109 Bombing Sqdn**, Tulsa, OK, 9/16-18, Roy Balke, (814) 866-6683; **VQ 1, 2, 5 & 6 Asgn (All Years)**, Rapid City, SD, 9/15-19, Phillip Jones, (719) 375-8851, vq1256@gmail.com; **Willard Keith DD 775**, Columbus, GA, 5/19-22, Don Hempstead, (501) 884-6242

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2nd Plt A Co 3rd Tank Bn 3rd Mar Div (Vietnam, 1965-1966), Laurence Clark, (608) 784-5324, larryclark@mcalvarylacrosse.org

9th Admin Co (Camp Bearcat, Vietnam, 1966-1967), Randy Wells, (785) 841-3588

10th Supply Sqdn 10th Tact Recon Wing (Spangdahlem AB, Germany, 1956-1959), Luther E. Jones, (850) 362-6066, ljsumshine27@gmail.com

42nd Det RCAT AAA (Fort Miles, 1942-1960), Merlin Beil, (302) 645-7759, mbeil5@comcast.net

178th Gen Hosp (Reims, France, Dec 1944-1945), Adolph Stec, (516) 285-7505, astecman@comcast.com

332nd Plt (Parris Island, SC, 1945), John Sullivan, (434) 685-1373,

520th Med Co C/R (Fort Sam Houston, TX, 1966-1967), Wayne Walling, (615) 294-2854, wwalling@bellsouth.net

984th Eng Field Maint Co (Korea 1952-1953), Edmund Quadros, (508) 992-6687

B-1-3 & B-2-3 (Fort Lewis, WA, 1968-1970), Army Inf Tng Ctr, John Moffitt, (928) 713-0856, prescottbikers@hotmail.com

Navy Boot Camp 010 Co (San Diego, 1950), Charles Burke, (337) 937-4939

Paul Revere APA 248, Gary Rolph, (530) 873-6022

TAPS

Graham E. Horton, Dept. of Illinois, Nat'l American Legion Insurance Cmte. Memb. 1993-2008.

William R. Neitz, Dept. of Pennsylvania, Dept. Cmdr. 1998-1999, Nat'l Legis. Cncl. Memb. 1999-2000, 2001-2003, Nat'l Homeland Sec. Cncl. Vice Cmte. 1996-1998 and Nat'l Veterans Affairs & Rehab. Cmsn. Exec. Section Memb. 1998-2001.

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Nothing is foolproof to a sufficiently talented fool.

AS THE FAMILY gathered for dinner, the youngest son announced he had just signed up at an Army recruiter's office. There were audible gasps around the table, then laughter, as his older brothers shared their disbelief that he could handle this new situation. "Oh, come on, quit joking," snickered one.

"You would never get through basic training," scoffed another.

The new recruit looked to his mother for help, but she just looked at him. When she finally spoke, she asked, "Do you really plan to make your own bed every morning?"

INSIDE SOME OF US is a thin person struggling to get out, but he or she can usually be sedated with a few pieces of chocolate cake.

JUDGE: "Is there any reason you could not serve as a juror in this case?"

JUROR: "I don't want to be away from my job for that long."

JUDGE: "Can't they do without you at work?"

JUROR: "Yes, but I don't want them to know that."

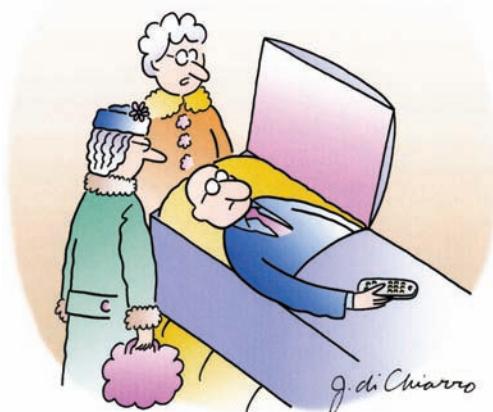
A MAN'S BELOVED old convertible was in deplorable shape, but he refused to get rid of it. So when the old junker was stolen from his office parking lot, his family was delighted. Nevertheless, they called the police and filed an insurance claim. Their relief was short-lived, because within an hour an officer was on the phone. "We found the car less than a mile away," he said, trying to keep from laughing. "It had a note on it that read, 'Thanks anyway, we'd rather walk.'"



"My dad went golfing. Is he going to hell?"



"No, I'm not going to jump! I just want to smoke a cigarette."



"He looks so natural."

A GOLFER known for his bad temper walked into the pro shop and plunked down big bucks for a new set of woods.

The staff all watched to see what would happen after he used them for the first time, more than half expecting he'd come in and demand his money back.

But the next time he came in, the golfer was all smiles.

"They're the best clubs I've ever had," he said. "In fact, I've discovered I can throw them at least 40 yards farther than I could my last ones."

A GUY WALKS into work, and both of his ears are bandaged.

The boss says, "What happened to your ears?"

"Yesterday I was ironing a shirt when the phone rang and I accidentally answered the iron."

"Well, that explains one ear, but what happened to the other?"

"Well, I had to call the doctor!"

ACCORDING TO a recent report, due to the recession, Americans are eating cheap, unhealthy, fatty foods. So apparently, the recession started in 1957." – Conan O'Brien



Asbestos Cancer Hits Former Sailors

Many sailors who served their country proudly aboard ships in the World War II, Korean, and Vietnam War eras, are now being diagnosed with asbestos-related cancers.

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